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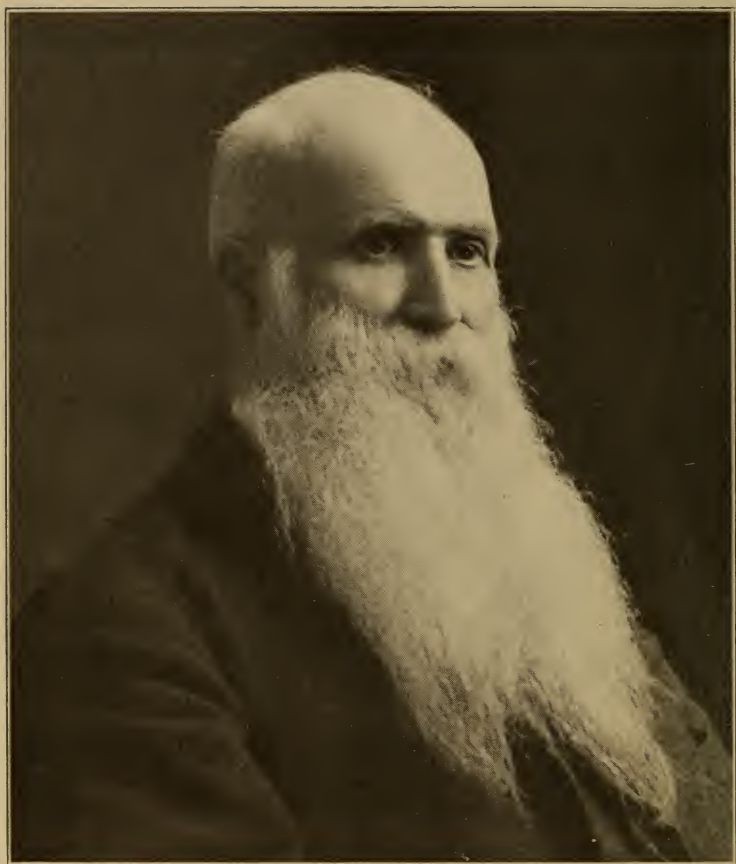
## HOW TO TAKE CARE OF A WIFE

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Your Friend  
Melville C. Keith

# HOW TO TAKE CARE OF A WIFE

THE LATEST OF THE KEITH BOOKS,  
DEVOTED TO PERSONAL EDUCATION

BY  
MELVILLE C. KEITH, M. D.

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HOW TO SECURE AND MAINTAIN  
HEALTH, HAPPINESS AND LONG  
LIFE FOR YOUR WIFE AND BABIES  
AS WELL AS FOR YOURSELF

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THIS BOOK POINTS OUT THE QUICK-  
SANDS OF DOMESTIC MISERY WHICH  
UNDERMINES THE FOUNDATION OF  
MANY A BRIGHT AND HAPPY HOME

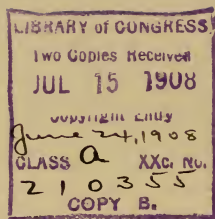
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SECOND EDITION  
REVISED, ENLARGED AND ILLUSTRATED  
BY

KEITH & GINTER  
BELLVILLE, OHIO, U. S. A.

1908

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HOW TO TAKE CARE OF A WIFE.



REGAN PRINTING HOUSE, CHICAGO.



**This work is written for  
and dedicated to  
the whole human family for their physical  
and mental betterment.**



## INTRODUCTORY.

For the edification of the many friends and sympathizers in the work of the late Dr. Melville C. Keith, and to all others who may read "How to Take Care of a Wife," will say that I am a graduate of the same school of medicine, was in active practice with him for twenty years and am, therefore, thoroughly familiar with all of his ideas and methods; and that John E. Ginter, co-worker, a close friend and admirer of Dr. Keith's for many years, has by his faithful and honest efforts made the circulation of these much needed truths possible.

*Jennie L. Keith, M.D.*



## FOREWORD.

There is sufficient evidence on every hand to justify the belief that education or knowledge of the subjects treated in "How to Take Care of a Wife" is not only sadly needed, but will be extremely welcome to many thousand sufferers.

This knowledge must of necessity be of a truthful nature to command attention and respect; and further, it must be presented in such a manner as will be understandable to all. Too much attention is given to the treating of symptoms, ignoring entirely the causes. The methods employed, "as the dosing of drugs and poisons," are decidedly antagonistic to the best interests of the body, and if continued will eventually result in doing such an irreparable injury to the human race as is now only realized and appreciated by a few. We should all have a thorough understanding of the laws which govern us; the causes of disease and the sanative remedies therefor, and not be dependent on the profession. The better the whole subject is generally understood the broader will be the field of activity for good, so it behooves us all to inform ourselves and then throw what strength or influence we may possess with the truth so that the fetters and superstitions of the past and present may be forever removed.

It has been the aim and the object of the revisers, as well as the earnest desire of the author, to make this book a most helpful adjunct to the harmony and happiness of the home. We would change the proverb that "All men are sinners by nature," to "All men are sinners

from *ignorance*," and this applies to all classes. As a rule those who have enjoyed the greatest privileges and advantages have wandered farthest from nature. One of the most important functions of civilization should be to perfect the health of the race, but the *contrary condition* is the fact. The more *civilized, educated* and *refined* a people are, the more delicate and more helpless they become and the farther they depart from nature. Hence, the farther from God. He says, "My people are destroyed for lack of knowledge," and we know this is the condition existing today. What is wrong? With our millions upon millions of dollars at the command of colleges, seminaries, universities and every known advantage for education, how could this apply to our time? *But we know it does.* When in the history of the world was there so much disease, so many insane and so many surgical operations as at present; all brought on through ignorance of the natural laws and from the false teachings and practices of the regular medical profession? The slaughters of the dark ages do not compare with the present state of affairs. We believe the crisis has been reached and this knowledge of the simple natural laws when generally understood and practiced will transfer the power from the profession to the masses. "Wisdom shall be increased, and knowledge shall cover the earth as the waters cover the seas."

In handing you this book, we are giving you the key to the most useful knowledge that any one can possess. We claim nothing for literary art or science, presenting only plain truths, facts in simplicity, and ask charity for our shortcomings and for prejudices born of many years of practice in contact with the criminal cruelties of ignorance cloaked and protected under the name of science.

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## CHAPTER I.

### THE HOMEMAKER.

It is an interesting subject to study *why* the common laws of life are unknown to the great majority of the human race, and why so many who are educated along the lines of practical knowledge, are so completely at sea when it comes to taking care of themselves and those dependent upon them. Human beings are often more ignorant about taking care of their bodies than the lower animals. The fact is, we do not have as much sickness among our domestic animals as prevails in the human family.

This subject is of vital importance, and we should all attempt to search for the real cause. This would necessarily take us back many generations. After we have discovered the cause of this ignorance and helplessness, the next step is to apply the remedy.

It is the belief of the writer that it is ignorance of the common laws that is responsible for so much of the trouble we have in our homes. If the majority of the civilized races knew the laws concerning the proper care of the family, we assert that they would become obedient to those laws. Then sickness, misery and poverty would at once be exterminated.

It is generally supposed that when we come to con-

sider anything relative to the care of the human body, that what is called the "Medical Profession" would have all this knowledge at their fingers' ends.

No greater mistake could be made. The medical profession is the most densely stupid about this knowledge, and no other set of men on earth know less of the laws of natural human life except the clerical profession. These are the two most stupid and vicious of all classes in the way of real education as to caring for the body.

These words may seem harsh and uncalled for, but they are true, and the bread winner who does not understand the position of these two classes (medical and clerical) will suffer indescribable agony while he pays for his ignorance by years of toil and hardship.

First—The medical class goes to college and expends four or more years in acquiring a knowledge of medicines—so-called, but which are not medicines, but drugs and poisons. At the medical college they also learn to consider themselves an exclusive aristocracy whose right it is to examine locally every man's wife or daughter who applies to them for medical assistance, no matter how simple or how complicated her case may be. They are taught to prescribe for no woman until she has submitted to a local examination; also, that it is their privilege and duty to damn the soul of any pure girl they may choose, being carefully warned against public women. Their apology for this privilege is the debt they owe the public, which demands that they maintain a perfect physical condition. They are also taught never to enter a sick room without first taking a drink of some sort of spirits as an antiseptic. Where these teachings

are carried out, the doctor's condition can better be imagined than explained. Although they are called *Doctors* (which word means a *teacher*) they never teach anything of any practical value. While we naturally look to the doctor for knowledge, the doctor does not supply anything but a dosing out of poison which ruins the body. And, furthermore, they are vicious in the fact that they endeavor by law to poison the human race, and if any oppose their methods they bring down everything in their power to crush them.

We, therefore, assert that the medical profession is stupid, ignorant and vicious; unwilling that the people should be possessed of sufficient knowledge for taking care of the body.

The clerical class combine with the medical class for prestige and power. The so-called Christian Church has been in possession of what is called "knowledge" for at least thirteen hundred years and during that time up to date, we do not know of any of their doctrines which are especially valuable for the care of the body; while, by their teaching that all of the Old Testament has been "done away with," they have increased the diseases of the human race fourfold. We assert, that where the (so-called) Christian Church has taught, we have four times as many deaths as among the Hebrews. All the while the "clergy" are the last to receive the truth and if they find one of their flock who is seeking after truth, there is every obstacle thrown in the way of its attainment. As Jesus Himself healed every one who came to Him, we cannot but conclude that the practices of these churches are largely anti-Christian.

Woman, by her nature is a seeker after knowledge. She is the homemaker and the homekeeper. She is desirous of caring for her offspring. Both of the above classes prevent—as much as possible—the attaining of knowledge.

Whatever may be said about a woman, whether she is or is not weaker than the man (which in a manner at times proves itself), it is a settled fact that no man or men can make a home as it is understood and described in the English language; a place where everything should be guided by love, affection, justice, and where there is perfect order, except with the aid and supervision of a woman.

Taking care of this person; this homemaker, in the best manner should be the study of every one interested in the home. Theoretically there should be no such thing as sickness where everything is kept in perfect order. As a matter of fact, there is no place where sickness is so general or seems to be so prevalent as where those dwell, distressed in body and mind, who make up the home circle. Sickness, weakness, trouble and anxiety are the usual companions of the "home."

There are at the present time more than one hundred and ten thousand doctors within the limits of the United States, a great majority of whom apply their vocation upon and obtain their incomes from the ignorance, credulities and superstitions of the masses who are ignorant of the natural laws of life and the habitual lack of common observances which should exist between the husband and wife, that are now entirely unknown.

Usually when a man marries a woman she becomes his wife, his ox, his ass, or anything that is his. He

does not think any more of knowing how to take care of her body, nor indeed does he feel the necessity of this knowledge half as much as if he had bought a good cow. The man who owns a cow or a nice horse is always on the lookout to preserve these animals at their best. When he marries, he usually takes this wife as a piece of goods or a chattel, who will care for herself and rear her family to the end of the chapter. The husband expects this, and he thinks if she is not capable of doing it, that she is no good to him as a wife. On the other hand, when the woman marries she expects to have a comfortable home. The universal idea of woman is, that when she marries, she expects to be taken care of. She expects, of course, to go through the wifely duties, but in turn, if she is a true hearted woman, no matter how much she may know, she expects to be taken care of by the man to whom she intrusts her happiness; and, consequently to a great degree, allows her mind to be yielded and swayed by his mind.

When a man marries, he expects his wife to be merged into his life. Not one man in a million expects his wife to have any thoughts that are antagonistic to his. He expects her to be obedient to him in everything pertaining to this life and the next. He may not say this in so many words, and if asked about it in many instances, if he is of a just, generous and manly nature, will say that he is not marrying a wife to become a servant to him, but feels all the time and believes in his heart, that while she is his equal, she should not be antagonistic to him in the least, but should be a helpmeet and a helpmate with all which that implies. The burden of obedience is on the wife. In some instances



she may get out of it, if she has wealth, position, education, society and family influence to back her up and keep her on her own ground. Even in these cases, with all the wealth, influence, family ancestors, education and even power, and we are speaking now not alone of America, but of all the so-called civilized and uncivilized world—we will say, that when a woman marries she virtually, unless she has a peculiar education (which few outside of the orthodox Jewess ever do have), places herself in complete physical and mental subjection to the man.

The man may indeed allow (in some few sparse instances) that she is his equal. She may be his superior mentally, physically and financially, but we say the moment she places herself in his power as a wife, she becomes to all intents and purposes a piece of goods or a chattel that belongs to him even if she is independent and has some ideas of her own; she is ignorant of herself, and, being ignorant of the normal functions of her body, in a very short time her finer intuition and mentality are greatly impaired. She becomes weakened in her physical nature and the weakness deteriorates her mentality; or, in plain English, she has only one chance in ten thousand of retaining her mental and physical integrity.

When a woman marries who is ignorant of these laws, she becomes lower really than a servant. She may not think this is true, but it is a fact. She becomes a servant and is simply bound to obey the master. The master hires for a consideration the labor of the person who is the servant, and the servant in return agrees to do such and such labor for a reasonable or unreasonable

time, for the consideration of the money or its equivalent.

There are servants who are servants for love. The mother is a servant for her children—for love. The husband may be a servant to the wife for love—but he rarely ever is. The love which a man knows for a woman before he is married is gone (as is estimated) in about thirty days. After he becomes familiar with her person and can indiscreetly and at will gratify his desires, she then descends into a menial; a low caste servant, and with forty-two years of medical practice as a basis for our belief, we say that the wife actually—after thirty days or less of married life—becomes mentally and physically inferior to the husband. In most instances they both descend in the mental scale by a great drop.

We know both from personal experience and a very widespread observance in practice, not intentional, but it came just the same.

The wife struggles to hold her place, and so may the husband, but no one assists or teaches them, the "*faacilis descensus Averni*" takes place before they know they are on the way. They do not confess it even to themselves, but when the medical man is called in or the divorce court is appealed to, we know the cause.

Few women know how to take care of their bodies when they are married, and neither their spiritual nor medical advisers will ever tell them a word. In fact, we think, as we write this, in 1902, that of all the books that are printed, there is no book (except some previous feeble efforts of the writer) that instructs the woman how to take care of her body and retain her mental

and physical health. We say that no book, magazine, paper or essay, has ever been written for the woman instructing her how to take care of her body, other than the struggling efforts which have been put forward by the writer, in the last fifteen years.

This effort, therefore, is the outcome of a desire to teach every woman how to take care of her body, so that she may never become a menial—the lower servant—to the caprices of a man. We desire to teach the wife how, in the very worst of all events, she can maintain her mental and physical integrity; how she may care for her home and how she may have children that are the best that may be had on this earth, with the material at her command. We desire also, to show the husband how he can have a loving wife—a woman in the service of love—the best children, and a perfectly well household at all times; free from sickness and the incubus of a doctor or drug bill hanging over him.

It is not our intention to repeat any of the primal laws which we think these statements ought to be based on, because we have those elsewhere, but we are going to place these laws in the English language, so that no man or woman can be ignorant of their physical condition, or so the mother, at least, will know just how to build up her body to the best possible condition and have her children rise up and call her blessed.

We are going to state in the very briefest, possible language, the conditions and the laws by which any woman can educate and take care of herself, and, by which any husband can take care of his wife. If any person is desirous of having more particulars, there are other works along this line by the same author, which



present greater details, and, perhaps weightier arguments, and, also give better reasons than are presented here.

We do not expect to have everything in this volume—that would be impossible—but we expect to have printed the basic and fundamental truths, which will enable every wife to keep herself intact from the common forms of female disease, and, to have children without danger to herself or them, and almost without having pains or dangers during her life. We will have the law and testimony in such shape, that it will lead anyone to find out the rest of the law. To impress these ideas, these facts, on the mind in the most forcible, comprehensive manner, we shall not invoke anything from the dead languages, but, shall endeavor to have everything in the Anglo-Saxon tongue, to be understood by the truth lovers who may come into possession of “How to Take Care of a Wife.”

## CHAPTER II.

### THE SEXES.

The organs in a woman and the organs in a man are precisely alike, with the exception that some of them are enlarged in one and are not enlarged in the other, and vice versa. But so far as the general make-up of the body, the organs correspond between the sexes. The man has a breast, but it seldom or never enlarges and it seldom or never secretes milk. It is true that there are instances on record where nature has provided milk in the breast of man and he has nursed a child. But these are anomalous cases; it is not so from nature.

It is a natural law that a woman's breasts enlarge and the milk glands are ready to secrete (or take in) the compound that we know as milk from the blood, into the milk spaces.

When a woman arrives at maturity, two little ovoid bodies, situated one in each groin, develop. During the child-bearing age they send out an egg (or ovum, as the doctors call it) every twenty-eight days. Of course, as a matter of fact, it may be twenty-six days, or it may be eighteen days, or it may be every six weeks—we are stating theoretically the law, which is, that once in twenty-eight days the ovaries send out an egg, which passes from the ovaries to the uterus and with the passage of this egg comes a discharge which is called the "monthly,"

"menses," "periods," and a number of other names which may be found in different localities. This discharge is composed of the effete material that is in the system, and nature cleanses herself when she sends out this egg, or when she is about to send it out.

A woman does not have this discharge during the time she is carrying the child and should not have it when she is nursing. But she may have it when carrying the child, and often does have it when she is nursing. This is out of the natural course of events, as it should be. The cleaner and stronger the body the less danger from these abnormal conditions. When the body is laden with impure materials, these impurities will be sent off through any outlet that comes easiest to the vital force.

During the time that this discharge is passing out through the vagina, the woman is said to be in an unclean state. We will digress right here and state that we have known of many women being very angry when they were told that during this time they were unclean. We are using precisely the words which are translated in the Bible: "unclean," "uncleanness," "impurity," and so on.

Without going into more detail we will state that during the time of this issue, the woman is in an unclean condition. Or during this time she is cleaning out her house or her body, or rather nature is doing this cleansing and should be allowed the privilege of placing the old and effete materials outside of the body and putting it in a clean condition again, and while the woman is in this unclean condition and for seven days after the menses have stopped, she should be allowed to rest

fully, free from any such demands as would prevent in the least the outflow of the effete materials from her body. It might be said or supposed that after the menses have stopped, this flow, or this uncleanness not being visible any more, would also be stopped throughout the body, but this is not so; it takes seven days for the body to become purified after the menses have stopped. We will briefly state that the egg from the ovary, which may have left the ovary at the time of the first symptoms of her "coming round," may not really enter the uterus until the menses have stopped.

It might be asked: How do we know that seven days after the flow has stopped is the exact time when the woman becomes "*clean*?"

Of ourselves we do not know. But these laws were given by the Great Jehovah to care for "His peculiar people," the Hebrews, and we take them to be correct. With sixteen years of experience we feel sure that these periods are right, not alone because the Bible says so (and this is enough for us), but because we have seen such blessed results in life from the obedience to these laws. These laws are found in their entirety in the eleventh and fifteenth chapters of Leviticus.

When the menses have stopped, then this egg passes into the uterus or very near it, if everything is in a natural condition. This egg is for the purpose of being used by the spermatozoon as a nest, nourishment and a hatching place, or a place to grow for two hundred and eighty days.

But never under any circumstances should the woman be touched, fondled, kissed or submitted to any exposure that will in any way retard or prevent the outflow of the

effete materials which are in the body for seven full days after the menses stop. No matter what the cause, if the periods are interrupted, this normal excretion becomes an abnormal secretion; hence, a septic poisoning. This septic poisoning is distributed over the entire body and the woman becomes impaired mentally, morally and physically. If she is allowed this time, that is, the time of the menses, to have this flow in good condition so that the body can be cleansed from all this effete material and the egg can pass off without any interruption, and, if her body is properly cleansed by a bath afterward, she is then, after the seventh day, from the cessation of the menses, in a clean condition. The woman is clean.

Now this is the law. It cannot be overcome in any way or manner. There is no possible way by which a woman can keep well and have anything disturb her while the menses are passing off and for seven days after they have stopped.

The man who does not know this when he marries, is unfit to take care of his wife's body; hence, this is the first law and the first thing that should be taught by every preacher, priest, teacher and doctor, by the father to the son before he takes to himself a wife, and by all means should be taught to every girl by her mother before she is ever launched on the sea of matrimony.

The writer knows that when this is brought to the notice of anyone who has read the Bible, or who has given any attention to what is called "theology," that this will be recognized as the "Mosaic law," and that these parties will state and believe that all these old laws have "passed away" and that there should not be any



regard whatever placed upon them. In short, all the priests and preachers will assert that these are old and obsolete laws and have been put away; or, as they quote it, "Nailed to the cross" when Jesus was crucified. We deny this in part and totally in every way. What were "Nailed to the cross" were the ceremonial laws which were for the forgiveness and remission of sin, before Christ came,—sacrifices of red heifers, pigeons, etc.

These that we are bringing forward have nothing to do with the remission of sin, nor with the salvation of the soul, they are simply laws of cleanliness and have everything to do with the care and preservation of the body. All these laws are for cleanliness and do not have anything to do with religion and should not be classed with any religious beliefs.

The blood from a red heifer, blood of oxen, turtle doves, and so on, were necessary under the rites of the Jewish sacrifices. But all these sacrifices had nothing to do with keeping any part or all of the body in a clean condition and this is what we are now talking about. Keeping the body clean. Taking care of a wife. Having knowledge of the actual laws that govern the body; govern both man and woman in every clime and in every phase of society on earth.

What we desire to make plain is, the fact that the observance of those cleanly or unclean laws—laws at first given by Jehovah God to Moses for the taking care of the bodies of His chosen people—are the very laws which are at this time of the utmost importance in the taking care of the bodies of the wife and children.

We assert that these laws are from the commencement of existence to the end of time essential to the well-

being of the entire human race. If we observed these laws there would not be a tenth part of the sickness and illness that is now present on every hand. It is only the non-observance of these laws that produce the greatest wretchedness, crimes and penalties.

## CHAPTER III.

### THE TWO FORCES.

The average man thinks that he is composed of body and mind. As a matter of fact, he is composed of three distinct and separate parts, all under one visible and material organization.

Two of these parts are invisible, immaterial, intangible—never having been seen. One part, the body, we can see and feel, but the other two are unknown. We only know them from the work we see them perform.

There is the body, the soul, the spirit. The spirit is the force that builds up the body, while the soul is that intelligence which inhabits the mind; or is the mind. Or, it may be said, is the intelligence of the mind. There is another division that may be made which we have never seen in print and which (so far as we know) has never been explained by any person on earth, although it is stated plainly enough in the Bible that a man has two distinct organizations inside of himself, and by the word "man" we include the whole human race. These two organizations are the body and the mind. Two distinct forces govern these organizations.

We assert that there are two distinct and perfectly separate forces in man. The one force, which is called the *vital force*, has been transmitted from the loins of the father through the spermatazoa, and this sperma-



tazoon with the force inside of it has built up the man or woman to maturity. This is also called the life power, the law of nature, or, the natural law. The Bible—to designate this force—calls it the “spirit.”

Everything will be made plain to those who desire to have the truth. The laws are all stated in the Bible, not one is left out, so that any one can understand that this force which builds the body up has been transmitted from parent to child ever since the days of Adam.

The law of “*Evolution*,” as propounded by Darwin and heralded by Spencer, Haeckel and others, is this: That all animals come from a lower sphere of state, and that man is simply an “*evoluted*” being whose progenitors were orang-outangs, monkeys, apes, oysters, atoms, star dust, etc.; that what we esteem *mind* is simply a part of matter inherent in matter and keeps on progressing towards perfection.

To use mild and easy terms, this assertion is erroneous and is the result of not understanding the laws of the animal creation. Nothing evolves. Nothing really changes only so far as the surroundings may change conditions. Man is just the same that he has been; a mouse is just the same, and in six thousand years no mouse has ever “evoluted” into a man or a woman. The force that was hidden to make up the body of the man goes right on making up bodies of men; while the force in each oyster goes right along making up bodies of oysters, and, as the force does not change, so the *product* cannot change.

We find, therefore, that the law does not change. The forces do not change and we have no record of one animal ever bringing forth another animal of a different

species, or the living force ever losing obedience to its "orders" from a superior power; the Supreme Jehovah God who made the world and all that therein is, in the beginning of time. The law is perfect and is not changed. God has said, "My word shall not return unto me void." And it remains unchanged and intact. The "Devil" cannot change it.

The other force is the *soul*, the force of the mind, or the intelligence.

Now, we have a life in the soul which is one life. This is not an immortal life by any means, but is mortal and can be killed according to the teachings of Christ who said: "Fear him who can kill both soul and body in Hell." Showing that the soul can be killed as well as the body. And we have a life in the body. Two distinct lives.

One life (or the vital force) has been sent out from the body of the male—sent out in the spermatazoon which contained the intelligent life or the force which, when properly nourished and protected, built up another body like the parents. This force of life built up the body. The body did not build up itself, but the force from the male parent sent out from the loins, built up the body of the animal that we call man.

There is another intelligent and different force in the body known as "The Intelligence" which loves, hates, fears, calculates and thinks, and this force that loves, hates and calculates does not build up the body, but dwells in the body, and we call *this force* the soul.

Thus, we find that there are two distinct organizations in man. One, the *body*; two, the *soul*. And there are two distinct forces: one in the body called the vital

force, or the life force of that body; and, two, the life of the soul.

Any one who may desire to have this brought out with more detail and absolute proof should read the Bible thoroughly where they will find as much as they demand for all the assertions made here.

The father simply transmits the vital life. The mother nourishes that seed and it becomes the body, home or house of a living soul, which one can see in Job IV, 19. Job here calls the bodies "houses of clay," that is, he calls the bodies houses of clay and says: "How much more those who dwell in houses of clay." But the soul evidently cannot become satisfied or happy and cannot live the best kind of a life unless it has the best kind of a body. It must have the life to expand, the best kind of a body to live in.

The soul, of course, has to make the best of the body that it dwells in, but if we have sufficient regard for the soul, we will do our utmost to have the most perfect body for it to dwell in. Therefore, if we desire to have the two forces in the best condition, we have to furnish proper nourishment and material for them to use. The force that builds up the body desires the best of food, purest of air, clean and pure water.

The inner force, or soul, demands love, courtesy, respect, esteem, trust and care, beside mental foods which may be found in books, music, flowers, painting, society, companionship, change of scenery, etc. It is the lack of these things that makes the soul unhappy. The soul grows if it is properly nourished. The body does the same. If the husband is wise he will see to it that the soul of his wife, as well as his own, is fed continually

with such food as will make the best and greatest soul as well as body.

Any man who cannot furnish the nourishment for these two forces, *the life force and the soul force*, has no right to enter into the state of marriage. If he finds himself married with an inability to nourish these two forces in his wife, let him at once set his mind to work to provide the best he can. The way (in America at least) is open and free. Courteous and congenial personal companionship is first and most precious.

The husband should not utter a word that he in turn would not like to have spoken to him. If his wife is young, tender, possibly thoughtless, it is his duty to educate her by the most patient teaching. If in any particular her education has been neglected in books, housewifery, etiquette or economy let him study how to bring about the best and most pleasant kind of an education for her. Love and patience sweetens the lessons. Scolding, quarrelling, reproaches and fault-finding cannot help matters. Think over all the desired attributes, and go to Jesus Christ with your desires. Or, if you think you have burdens, Jesus has already bidden you come to Him and given you a positive promise that He will cause you to have rest. (Matthew 11, 28.) There is no condition that you cannot have changed for the better.

Providing food and raiment is not all that is required in the "care of a wife." She has a soul or mind that craves sustenance day after day, and, if you do not provide this for her, she will look elsewhere for it. And in that day you will be sorry. The fabled hell will be a delightful retreat compared to the condition of your



mind when your wife commences to look outside of you and beyond your mind for sympathy, nourishment and food for her soul, unless indeed she can stay herself on the word of God—the Bible—and find food from the comforting words that are spirit and life. (John VI, 63.)

If you cannot supply her soul with the best kind of nourishment, you can surely resolve that you will not injure her body nor diminish the material that her vital force demands. Your study to take care of her body and provide her with its necessities will bring you a reward that will open your eyes to the possibilities of the human mind for enjoyment. No husband can properly care for his wife unless he understands the existence of these two forces that dwell in every body. This is a knowledge easily gained and gives one the inside key to the happiest state one can enjoy on earth.

The intelligence of the body is not the intelligence of the mind. There are two separate and distinct intelligences in the body; one the vital force that is building up the body, and the other the soul that directs the thoughts above the material and tries to make itself free from the trammels of earth.

We state that the soul is the part that does not remain satisfied with bread, butter and jam, but is searching after some hope, some rest, some other food than that which we have placed before us at the breakfast table. It has lived before it came here and will live after this body has turned into dust, if we fulfill the conditions that will give us this life. If we do not, there will come a time in which it is stated that "they shall sleep a perpetual sleep and never wake," saith the Lord.

What we would have is a perfect body, and the most perfect kind of a soul, which we can have if we aspire to and work for it. And if we make no determined effort for the possession of these two most desirable things, we will fail in having them. They are not floating round ready to drop into our hands or mouths, but, as is shown by the possession of everything else on earth, they only come by labor and study. We can have them if we wish, but they will not be forced upon us.

Dancing, card or wine parties are not conducive to domestic happiness. Certain conditions of society may seem to demand such wastes of time, but there is an error committed when time is squandered in any gathering where one of the forces does not obtain satisfaction and proper nourishment.

Time is more profitably expended in walking out for the exercise, or the reading aloud of some interesting book. Find out what is in the soul of your wife and interest the soul, if you desire happiness to come in and dwell with you.

## CHAPTER IV.

### THE LAW OF UNCLEANNES.

If you have read the twelfth and fifteenth chapters of Leviticus, you have obtained the actual law laid down by Moses and presumably (the writer believes every word of it) from the mind of God.

There are no explanations in those chapters of the law as it is given.

This chapter will be devoted to the elucidations of the reasons *why* the body is called "unclean" during the time of menstruation and for seven full days afterward. We shall be brief in summing this up, so that any person may grasp it in five minutes and will then know more than all the doctors, priests, dignitaries and universities teach in regard to taking care of the body. We say to you that this is the basis of all knowledge concerning the body.

There are people, who having some knowledge of the Bible, are ready to explain that there is nothing in it and that these old laws have passed away, as well as making other statements along the same line; while, as a matter of fact, wherever these laws have been even partially carried out, there the people have happy homes and strong robust children; on the other hand, where they have not known of these laws, or where they do not keep them or pay any attention to them, there we have

the most gross barbarism in regard to the body and the most darkened intellects. In our estimation, if anything has raised one race above another, it is the observance of these laws in regard to the sexual relations.

Before you read it over we wish it understood that there is no medical school which accepts these conclusions; no medical school teaches the pupils, students or readers of the scheme which the writer has designated as "Protoplasmic;" there is actually no one who has placed the following facts together so as to make a harmonious law for the taking care of the body.

Furthermore, the writer is of the opinion and believes that only those persons who have asked God for knowledge, are the ones who will have or be permitted to enjoy this knowledge and keep themselves and those dependent upon them in the best condition without fear of doctor or drug stores. In short, it is our belief that we are now in the age where

*"The wise shall understand.*

*The wicked shall not understand."*

As fast as the world accepts these laws and puts them into practice, so fast will we have an increase in the advanced conditions of all classes of the human race.

There are no laws pertaining to cleanliness from any other source which are of any value whatever.

We say, when you get through reading this chapter, which will take from three to five minutes, you will have a better education and will know absolutely how to take care of the human body in a better way than all the universities of the civilized world ever have taught,



and to simplify and emphasize this so that it will make a lasting impression, we shall paragraph each fact separately.

1. It is estimated that there are twenty-five billions of red blood corpuscles in the human body of a person who weighs one hundred and fifty pounds.

2. It is asserted that these corpuscles come from or are made from the white blood corpuscles which have condensed on the outside wall.

3. Under the influence of the vital force these blood corpuscles do everything in the body.

4. They eat, drink or absorb—which is the same thing—and pass off the effete and worn out materials.

5. They, these corpuscles, or atoms of the blood, carry nourishment; they are scavengers—toilers, repairers, suppliers—to the whole human system.

6. If they have the best kind of nourishment these corpuscles will produce the best kind of a body.

7. If they are not allowed the best kind of nourishment they produce the best they can under the circumstances.

8. All conditions that we call disease are caused by the want of nutrition or proper nourishment, a lack of fresh air, soft water, or on account of improper habits, which in turn affects these blood corpuscles, makes them weak, small, unable to perform their natural allotted tasks, and from these conditions we have what is called a diseased body. The only exception that can arise is where the body has been injured by outside forces.

9. In a diseased body we always find that there are *obstructions*, and if we know how to rid it of these

*"obstructions"* we shall soon have a sound body and a sound mind.

10. Every twenty-eight days, during the child-bearing age, the body of the female is passing off an issue, "menstrual discharge;" and while this is passing and for seven days after it has passed off and out of the body, the "vital force" is cleaning out the house (or body) where the soul dwells.

11. While these particles are being cast out of the body, we have what is called a state of uncleanness, or cleansing process.

12. When the woman is not allowed to have these corpuscles cleaned every twenty-eight days a portion of this effete material is retained in the system and the successive returns of these obstructions through the veins into the liver, heart and other organs by the vital force, is the basis of a great majority of all the liver, kidney, uterine, lung and skin difficulties.

13. Parasites of various kinds, worms, bugs, or anything which may live on the skin or in the intestines, will produce an obstruction to the vital force, thus preventing these corpuscles from acting in the natural way and eventually produce obstructions in the arterial, venous, lymphatic and nervous systems and it is of small consequence what they are called, because naming the condition does not change the cause.

Doctors have eight hundred and thirty names for different diseases or conditions, and thus they mystify and puzzle the poor soul already faint and sick. But the cause of all diseases is an "obstruction" in some portion of the body and the disease is named by the doctors according to the location where the obstruction mani-

fects itself. The prime cause of the disease is from the obstruction itself.

14. When these corpuscles are obstructed so as to impair the natural functions of the body, there comes a time when the brain is not properly nourished.

15. When the brain is not nourished by healthy corpuscles, the person becomes mentally inferior or degraded from what he or she was before the obstructions were present.

This statement should interest every husband who loves his wife. While she is sick, she is liable to be mentally weakened and requires more care and mind nourishment than before she was sick or clogged up by these obstructions. During the time of this sickness or weakness, the husband who desires to care for his wife should not worry her with any of his troubles or burdens. He must be man enough to carry his own burdens without placing another feather on her weakened mind and obstructed body.

16. Anything that prevents the corpuscles from properly cleansing themselves, proves an obstruction to the circulation.

Vitiated air; hard water, mineral baking powders; inhalations of sewer gas; excesses of starch, spices, coffee, tea, alcoholic drinks; lack of proper bathing and too tight clothing are among the causes of obstructions in the body, which are preliminary to conditions called disease.

17. The woman who is not allowed to cleanse herself during the period of menstruation, becomes physically obstructed or diseased, and it will be only a question of time when she becomes mentally inferior or

degraded from her former clean condition. The more doctoring and drugging she does, the sooner she is mentally weakened.

With these propositions in the mind and the consequent facts which arise out of them, there is no man or woman on earth who may not know how to keep their bodies in the best condition for a long life and a contented mind.

When it is understood that we are dependent on the condition of the corpuscles of the blood under all circumstances, then we can readily see that if we keep these corpuscles pure and well nourished, we will have the best body that it is possible to build. By attention to the laws which govern these corpuscles we can have the vital force do its very best for us.

We shall get over the superstitious and false idea that "the liver (or any other organ) acts," when as a matter of fact, the liver (or any other organ) never does any acting whatever, but the vital force is all the force that acts in the body—and through the body—when we understand that the force demands to have proper nourishment and care to bring our bodies into the best condition, then we shall discard the use of all drugs and poisons; minerals and unclean foods, and begin to take care of the body by taking care of the corpuscles of blood which are used and acted upon by the vital force. The living intelligent force that has built up the "house of clay" that you—the soul—is dwelling in.

The vital force builds up and preserves the body.

The mentality—or the intelligence—the mind or soul dwells inside of the body.

## CHAPTER V.

### THE PERIOD OF CLEANSING.

During the time of the menses and for seven days after they have ceased this egg is unclean if the law has not been observed. This egg is unclean because it has been tainted or has absorbed some of the materials which should have passed off as effete and worn-out matter. If the law is kept there will be no unclean egg, for in the normal state this egg or ovum is not cast off by the ovary until the cleansing process is completed. It is only the forcing of the expulsion of the immature ovum that causes such a condition as an unclean conception or extra uterine gestation. If, during this time of uncleanness, conception takes place, it is evident that no matter how good condition the spermatazoa may be in, they will come in contact with an unclean egg. When that unclean egg holds them fast and nourishes them it is evident that the child will be unclean. If the child is unclean, the mother will carry an unclean child for two hundred and eighty days and absorb this uncleanness all through her body and have an unclean child at the expiration of the stated time, then she will nurse this unclean child for nine months longer, and the child will always be unclean.

Coming right on you suddenly, this knowledge may be too great for the mind to grasp at once.



When you give an animal too highly concentrated food, the animal grows sick. Cannot digest the food.

Fearing this knowledge may be too highly concentrated for you, we give you some "roughness" with it.

When this egg comes in contact with the menses, it takes in, or becomes soaked with this fluid from the various parts of the body and this fluid taints or corrupts the ovum or egg if it is forced to come out at the time or directly after the menses come on. This egg takes in some of the fluid and is not as clean as it should be. This tainted egg will catch the spermatozoon and we have the body of the child made from the unclean egg. So, in this case we will have an unclean child. Unclean because the egg was unclean; unclean starting points make an unclean child.

After these periods have passed, we then have free way for the spermatozoon to catch the fresh and free egg or ovum and we will have a "clean child," and an all right baby to come to the house. And it remains clean all its life, provided it is nurtured in the fear of the Lord.

These laws of uncleanness do not apply to the woman alone, but they are for the man also.

Leviticus XV, 2: "When any man hath an issue out of his flesh, because of his issue, he is unclean." Read the whole chapter and consider that these laws were for the best conditions of the bodies of God's chosen people. Then ask, if by any consideration or juggling of words we can conceive how, when or why, these laws were ever "done away." We tell you that these cleanly laws are in force today, not because there is any religion about them (we do not think there is), but because they are

laws which affect and govern the natural laws of our being. During this time nature is cleansing out the blood, the impurities are being removed from the body and all the avenues are filled with these unclean or impure particles.

If you read chapters XII and XV you will find the law in relation to child birth.

When the wife has been delivered of a child, the Mosaic law teaches that she should not be "touched" or have any intercourse until eighty days had elapsed in the case of the birth of a girl baby, and not for forty days afterward in case the child has been a boy. Why? Because during this time the body is undergoing a cleansing process which must not be interfered with if you value the health and life of your wife and baby.

It takes thirty years for a man to come to maturity, and if this is a fact, it should take four times thirty, or one hundred and twenty years for the life to have been lived out. Whoever lives to the age of one hundred and twenty years and who is there who can say they are sure that all their children are born at a clean time, or, are clean children?

If we understand the Scriptures, this is one of the reasons why a child is called a "transgressor from the womb." In this condition it is no wonder that the mother feels badly,—that she is down hearted and discouraged—and has a little demon for a baby instead of having an angel. The child is unclean and it feels badly because the body is not in harmony with the soul. The mother could become clean by observing the laws, but she usually does not, and this mental degradation remains with her and the husband looks at her with

surprise that she has changed from the bright cherry cheeked girl of twenty years ago, to become a hag, faded, and repulsive rather than attractive to him.

He looks at her—not with the eyes of love and affection, but with the eyes of superiority, as if he was superior and she had grown to be inferior.

While the fact is, that his position, his stupidity, his ignorance—even though he seeks through that ignorance to excuse himself, saying: “I was not to blame. I did not know any better.” It is ignorance just the same—his lack of intellectual training—even though he had four university degrees—was the cause of having a little devil for a child instead of having an intellectual, improved reproduction of himself and his ancestors.

This chapter does not require a great deal of thought before you get the substance, and if you are clever enough to place it in some niche of your brain where it cannot mould, turn sour, ferment nor fly away you will be very happy.

The wife who has this knowledge may rest assured that if she will obey these laws, she will have a clean child and her body will always be clean and she will never become a hag, even if she lives until she is one hundred and twenty years old, and even if she has six or seven children. No mother is likely to have more than six or seven CLEAN children, while she may have thirty-five UNCLEAN children; and if you want to know how these unclean children do, take a run over to Portugal or the Western Islands and see how they look with their thirty-five children, all unclean and all mentally inferior. We have been to these islands and have seen the people. If you ever have seen their



stature, eyes, habits and personality you know what the meaning of an unclean child is.

Do not misunderstand that this condition is confined to any locality, sect or denomination. We American and English people to a great extent, are equally or even more guilty and just as unclean as these poor creatures with their thirty and thirty-five children in one family. All alike so far as uncleanness and unhappiness goes. Do you think the Epworth League, the Endeavor Society, Elks, Masons, Odd Fellows, Woodmen, Knights of Tom, Dick and Harry, know any more? Not a particle. They all practice the habits of uncleanness and then wonder why it is that God has afflicted their wives and daughters with "*female disease*."

When a man having a wife thinks that he can control that body at any time—but does not understand the laws of cleanliness so that he can occupy a separate room while this period is on and until it is passed for seven full days—according to the Mosaic law—or rather according to the laws which were given to Moses from God for the preservation of the human race in the best of condition—we assert that if the husband does not understand or disregards this law, he may rest assured that he will have to call in a medical priest and have some advice to ease his mind concerning the conditions which have been brought on by his indiscretions.

And this medical priest is not going to help her either. The medical man believes in the fetiche of giving poisons to overcome some other poison. This is folly. The uncleanness should be thrown off. Should be cleaned out from the body of this unfortunate and ignorant woman. And, while she is being cleansed, she should

be allowed to rest undisturbed. The man should sleep alone. If he does not know enough to do this, he is ignorant of the first laws of cleanliness and rejects the very foundation of his future happiness. There is no possible excuse for this folly and stupidity.

We venture to say that if you have this chapter in your head you know more than all the professors in Harvard, Yale and Princeton, and more than all the doctors in the United States, England, France and Spain; for, if they have had this knowledge it never got away from them. Nobody ever found it out. They never told anybody. The world don't know anything about it. If you have this knowledge and know how to take care of the wife, or, if you are a wife and know enough to have clean children you are most fortunate and among the happiest of women.

## CHAPTER VI.

### NATURAL PREGNANCY.

No one has been smart enough as yet to tell precisely where a conception may take place. We have ovarian pregnancy, or the spermatozoon might catch the egg in the fallopian tube, and we have the "tubal pregnancy;" it may catch it in the uterus, and we have what is called "natural pregnancy." We believe that if the laws of cleanliness are strictly adhered to, that no abnormal pregnancy can take place, such as ovarian, tubal or extra uterine gestation.

There are some husbands who desire intercourse and who do not want any children; not willing to have any increase in their families. Such men are fools. They spill the seed and in a longer or shorter time they are punished by paralysis or brain rotting and they depart this life "unwept, unhonored and unsung."

When the wife does not desire any children, the husband, if he reflects on the consequences that are sure to result from the practices indulged in where this state of mind exists, will keep right away from her. Wife or no wife, do not touch her.

It is better to cut your throat and get out of the world than to bring an unhappy child into existence. Don't do it. Let her entirely alone.

The writer believes that if the husband is in good

condition when conception takes place, he is capable of fertilizing the egg in any place where the spermatozoon may catch or come in contact with this egg, allowing the child to grow and become nourished for two hundred and eighty days. But if he is not in good condition, we have entirely different results. We have all sort of pregnancies and all kinds of monstrosities, because the father or mother did not understand this law of natural and clean development, which they could have understood if they had read the Bible, and had done any thinking for themselves instead of depending on false teachings.

And we wish to say, that if any two people have had a child conceived in cleanliness, there will be nothing the matter with the child and the mother will not have a bad time when it is born. We are sure of this. It is disobedience to these laws which make the wife's troubles, cancers, tumors and all the rest of the "female diseases" so common everywhere in the civilized world.

We do not think there are any female diseases where the wife keeps herself clean in her person during these and at other times.

The uncleanness which is in the wife has reflected itself on the husband, and although he may recover to a certain extent from his degradation, the wife who has suffered for five hundred and sixty days from this uncleanness will not soon get over her loss of life power. She will not recover from her contamination with effete, impure blood corpuscles; and, although we have no means of accurately judging of the time it would take for her to recover her clean body, we state that in our

opinion it would be a year or more, but it would be better if she was let alone for two years after she has had an unclean child; in the meantime she should be kindly treated, have pure air, soft or distilled water and proper food.

## CHAPTER VII.

### THE BABY.

No expectant mother should make the grave mistake of thinking because of her condition, that she must spend her time in idleness; on the contrary, for the best interests of herself as well as the coming baby, she should be what she expects her child to be, ambitious, industrious, cheerful, active and of contented mind.

There is an erroneous idea prevalent that during this time a servant is necessary to relieve the wife of all manual labor, thus depriving her of the privilege of this very important exercise which is so essential to the well-being of both wife and baby. It is not expected that she do any heavy lifting, reaching or straining, but the duties of the ordinary household are the pregnant wife's blessing. The wife whose circumstances will not permit her to take care of her own room, prepare her own food and perform the general home duties is most unfortunate. We do not mean to say that she should attempt to do her own washing; that is if the family is large and the work necessarily heavy, or that it would not be advisable to have help on sweeping days, or for general cleaning, but that she may be permitted to enjoy the privilege of the regular household affairs. We wish to impress upon the minds of all concerned that every pregnant wife should perform regularly as much health-



ful, manual labor as she is capable of; her physical health and strength being taken into consideration. Right here we wish to emphasize the importance of regular exercise, for, this is the only means by which the natural functions of the body can be kept in a normal condition, and the muscles strong and healthy, without the muscles in this condition an easy delivery is impossible.

Besides this, the open air exercise, such as long walks in the cool of the morning or evening, or the getting out and working in the garden with the flowers, or with the chickens, etc. (if she is so fortunate as to have access to any of these healthful pastimes), ought not to be overlooked. The walking must not be neglected as there is nothing else that will give the needed strength to the muscles of the abdomen and thighs, and a daily walk of five miles should be the rule regardless of the weather.

In emphasizing the importance of the physical conditions, we must not lose sight of the even more important mental conditions.

If you would have a bright, intelligent child, the mother must be possessed of or furnished with the same grade of mental food or nourishment that you wish developed in your child. The mother who meets her physical privileges under protest, deprives herself to a great extent of the benefits she would otherwise derive from her manual labors, and depresses and biases the mentality and broader and better judgment of her child, as well as robbing it of a rightful pre-natal training which would otherwise insure a happy, cheerful, sys-

tematic and industrious disposition; and later a law-loving, law-abiding citizen to our nation.

During pregnancy the wife should occupy a separate room with all that this implies. No female of the lower order of animals answers the demands of the male (in fact, there are no demands made upon her) during the time she is carrying her young. The same rule should hold good in the human race and the husband, if he is wise and will give the matter just a little thought will control himself, and allow her to nourish his child in the best possible condition without depriving that child of the nourishment which it should have from the mother. When he co-habits he does this very thing—saps the nourishment that should go to the child. We do not believe that if husband and wife lived a perfect sexual life previous to this conception that there would be any danger of undue demands by the husband during this time.

Do not allow yourself to become rattled because some fussy hen in Chicago has written a book to prove that you can be castered (Karezzed) and “have visions” and all this sort of rot. You know better. Keep your seed inside of your body and have it reabsorbed to go and build up your brain. You need it and you know that you do. Fight all night and struggle all day to keep all impure thoughts out of your mind, and after your struggle has ended in a victory you will find that your eye is bright and that even as your bank showing is light at this time, it will come to be better and you know where it is coming from. Your step will become elastic and every time you think of that little growing baby, you will find that your feet will come off the ground



with a snap that will surprise you. And, when this hand is under the sod you will have a child that will rise up and do you some good, and sing songs that will run through you as water goes over the Falls—because it has to. Yes, and no matter who hates you and what the fools say about you while you are at home coddling the wife who is going to bring you the baby, you will be happier and richer than those who are out with the boys. Take care of your wife and baby and you will be rewarded with affection and care when you are unable to work for a living. Take care of them while you have the chance. The time will come when you will not have an opportunity to care for them nor to think for them. They will be able to think for themselves, and if you have made no attempt to improve yourself before that time comes, you will then find that it is too late. They will do their own thinking without any of your aid. Now is the time to do your thinking, and impress their minds for good.

Who ever heard from any teacher, doctor or priest, that there could be any difference in children on account of the time of conception?

Or, what doctor ever taught his patients how to avoid what are called "female diseases?" Or, how to have a good, sound child that would be sure to live, without illness or weakness?

Again, it is well-known by every one that we have these weaknesses of the women and children—we have medical colleges and medical men in abundance, all professing to be anxious for scientific facts and yet there is not a work in any language nor any book outside the Bible that ever gave an inkling of these laws, or the why

or wherefore of the weaknesses, illnesses, early deaths and premature decay of the human race. Not a line from any medical school. Not a sentence from any so-called Christian church—to light the young couple on their way through life.

Now, let the reader consider another phase of this baby question in connection with taking care of the wife. The use of tobacco.

When a man smokes or chews tobacco, he destroys his nervous system. Very slowly, of course, but not less surely, the facts being as well attested as the multiplication table.

The nerves are not alone the parts of the body destroyed by the use of tobacco, but the habit seems to show first in the nerves of the tobacco user. The heart is one of the organs that suffers—apparently—as quickly as any other, but the fact that the skin soon grows browner shows that the entire system is affected detrimentally from the use of the weed.

As his whole body suffers, of course his procreative powers are weakened as well.

In this condition, he approaches the wife, no matter how good or pure the wife, any contact whatever with a husband who uses tobacco affects detrimentally her bodily health.

But when she has conceived, and take into her body one of the tobacco soaked seed and nourished it for two hundred and eighty days, she (or her body) has been obliged to furnish more nutriment for the tobacco weakened spermatozoon than if she had taken in a perfectly sound child from the loins of a sober husband.

We mean this word sober exactly as it is written. The tobacco user is drunken with tobacco.

During all the time she is carrying this tobacco soaked child, her body is being impregnated by this tobacco. Second-hand, it is true, but not less effective in poisoning her body, and when she is through carrying the child, and nursing it—if it lives—she has been irreparably injured by contact with the tobacco poisoned germ from the tobacco soaked father.

The child from the loins of a tobacco user is never as strong, as healthy, or as long lived as it would have been if the parent had never imbibed tobacco. The father has not allowed the child as good a body as it would have had if he had never used tobacco and poisoned his body. When the parent uses a poison and begets a child, the child is robbed of its rightful prenatal inheritance; the best body possible. The parent using tobacco has been a robber. He has robbed his child of what it had a right to have—a most perfect body.

With this fact before us, we can see that every husband who has been instrumental in bringing a child into the world, while he is a user of tobacco, has stolen from the child that he is father of.

The wife may not know it, but she has been swindled and duped—her body has been injured by contact with this tobacco using husband. And, it is not too much to assert that every man using tobacco is a thief and a swindler when he enters into the married state.

Therefore, it is plain to be seen, when we consider these facts, that the tobacco user robs and poisons the mother and her child. If we declare that every tobacco

user is a thief to his children, a robber and swindler to his wife, and a wilful defrauder to the state and nation, we are simply telling the truth.

If we go a step farther and consider the wretched and pitiable conditions of the insane—the idiotic—epileptics, suicides and feeble-minded, to say nothing of the burden to the state and nation, we find that the tobacco user is a curse and a burden maker for the world to carry. No matter his position or his profession, he is an enemy to the human race, both mentally and physically, and as such must be an adomination to God.

## CHAPTER VIII.

### FALSE THEORIES.

There are many books published ; one that is called the "Theory of Zugassant," another by Alice Stockholm, M. D., of Chicago, called "Karezza," and others that go under the head of "Magnetation," which have been sent over the country during the last thirty years. The basis of these assertions, beliefs and theories is that a husband and wife may have sexual desire and gratify the same by preverting the natural law and yet remain continent.

There is not one of these theories true, even in the very least. The only proper way for a husband and wife to do is to thoroughly eradicate every particle of passion by preventing the blood from coming into the genital organs, or else to have complete and perfect sexual intercourse. It is not necessary to ask where these ideas first came from. Essentially the idea is French. Large families were and are an abomination to that nation and anything that would enable them to gratify their desires and not increase the family was to be welcomed. Hence, the theories which have been published in America.

The author believes that these false theories have had more effect in depopulating New England of her American citizens than any one cause. Instead of overcoming and living down the desire—making it a servant



—obedient to a man's (or woman's) will—they advised indulgence, but denied and prevented what should have been the legitimate result—children.

Not one of these publications advocate the conquering of the sexual passion—in fact, some of them never mention this part of the subject, and if the writer is correct, this is one of the first victories which a young person should gain—a complete mastery over the sexual desires. The mind, the soul, should govern the body.

This may be accomplished by food, such as nuts and fruits, with a liberal supply of vegetables, excluding oysters, lobsters, the starchy potato, the hog, chicken, coffee, tea, alcohols and tobacco. We say if these stimulants and starchy excesses are excluded and the proper foods taken into the body, with ordinary care, cleanliness and continence will be the result. The man and woman may both overcome the desire and become perfectly pure and chaste in their lives, even though they are married to each other. And when they are in such condition, it is certain that there is not any mental unhappiness or any mental disagreement between them.

It is a far better way to conquer those desires and have them under immediate control than to gratify them in any manner, only at a proper time and when ready to have children.

Consider a moment the consequences of this gratification:

1. In both there is a substance lost. It is passed out of the system.
2. This substance is taken or is deposited from the blood, and is the richest part of the blood.

3. When this substance is expelled or lost in excessive quantity, the blood is impoverished.

4. In case of impoverishment of blood we have weakness of body and brain. Any illness is far more serious in every case where the blood has been depleted or weakened in any way.

But in case of "Magnetation," "Karezza," or in any half-way or imperfect sexual intercourse, or where an excessive congestion of the sexual organs and the parts remain congested for a while, the substance (semen in the male—mucous in the female) is destroyed (or the life is driven off) and this material remains in the system, to be passed over the body as dead material.

In perfect sexual intercourse every particle of semen in the male and mucous in the female is passed off and out of the body. In all kinds of imperfect sexual intercourse, we are positive that only a part is sent out and a part is left inside to rot or become dead matter.

Even in the conditions of long continued excitement, the body and brain are both weakened.

Fantasy, imagination, desire, where the sexual desires are aroused by any means and the blood is kept in a congested state, is antagonistic and destructive to the best interests of the body.

The husband and wife should have no thought but for each other, because there is never any happiness for either where they take another one outside, EVEN MENTALLY, as a sexual partner.

There is no condition in which Magnetation, Karezza or the Theory of Zugassant does not burn up and destroy the corpuscles of the blood, which are the toilers and nourishers of all the body.

The bringing of the person to a point of white sexual heat burns up and destroys the natural forces of the body, and renders these corpuscles weak and debilitated, and sooner or later the penalty for this is paralysis, cancer or insanity. We have not space enough in this book to detail all the reasons why, but we state, with the conviction that is born of forty years of experience, that we have never seen anyone who has practiced Magnetation, Karezza, or to fancy that they could carry out the Theory of Zuggassant, that was not mentally and physically weakened; and often death is the direct result of these practices.

The heat of passion destroys the blood corpuscles, and as a matter of fact, it is better to have perfect sexual intercourse than to try to have all this passion without producing children. And the sexual heat in a woman without having the compliment of the male sperm on the outside of the uterus is simply to burn those organs up.

We have lived many years and have seen many persons who thought they were hardy enough to tamper with these practices and have the stamina to hold up under the strain. Not a soul of them ever did it. We knew lots of them who have told the writer that he did not know anything and that they were in perfect health. Every one of them that we have known who have been flying near this kind of fire is down in his or her grave before half their days were lived out on earth. We have thought over all their deluded theories and vicious practices and saw them from day to day sink lower and lower into the mire, but we do not know of a single one who has tried these experiments who has not sooner



or later paid the penalty by forfeiting his or her life. To see the fruits of your labors while on earth, as a result of right living and thinking, is a privilege and blessing that at present falls to the lot of too few.

One of the stupid things that has killed thousands of families, broken up more homes and brought more women under the surgeon's knife than anything else on earth, is this idea that "the size of the family can be regulated."

There is just one way to regulate the size of the family, and this is total abstinence. This is the only feasible way, and every other is a species of robbery to both parties which has caused more misery, suffering and death than can be thought of. The entire nation of France is thirteen millions short of the number of children they should have, if they had acted honest toward themselves.

When you think you can prevent a normal function and deny that there is any such fact as natural law, you are on the road to perdition, bodily and mentally, just as fast as you can go.

If the wife is too weak to bear children, let her alone until she is able to have them. Build her body up. Do not rob her of her life with a picture of love.

Do not rob her body with the idea that she is anything but a tender, lovable plant. She will leave you one of these days, and you can avoid any regrets by taking the best care of her now.

Consider again, when old age comes, if it would not be a pleasant thing to have children to take care of you and return some of the love which you have bestowed on them while they were young. And think, if you can,

of the happiness that is missed when you destroy these little lives by practicing some of the acts which the great Jehovah has said that He abominably hates.

Put on your thinking cap and look forward twenty-five years and see where you and your wife will be at that time, and look at the picture of a childless old age.

If you can give yourself to this consideration, then think if it is not worth while to have all those children clean and in the very best condition in this life. Give up the folly of Zugassant and Karezza, and become an American citizen not afraid of a lovely family.

There is plenty to do—plenty of room for five hundred times as many children as we have now. And there are thousands of opportunities for every honest child that comes among us. Do not listen to the lies of the Malthus and the old world, no God speculations. Serve the Master and have no fear for the future of your perfect children. It is only the half-witted that the world has too many of. We are very short of perfect men and women.

Some weeks since we stood by the bedside of a lady in the prime of life, where the blood settled under her finger-nails—the staring eye—the death damp on the forehead and the convulsive twitching of the fingers all showed the rapid approach of death.

Around her was her only daughter, yet in her teens; a son, about eight, and one possibly five years of age. With great control the husband was able to repress his sobs. The scene was heart-breaking. We can never forget it. There had been no actual crime intended, but their conduct had been at variance with the laws which God has placed before us, which are called natural laws,

and her death was the result of disobeying these laws. Within twenty-four hours of this writing a friend of the writer lay sick upon a bed, unconscious, purple under the finger-nails and on the limbs, with the purple spots on the body showing the unmistakable approach of death.

At this bedside the writer made a conditional promise that if this life would be restored he would write the warnings of nature; or the laws of God in plain words in order that the truth of the Scriptures should be fulfilled and "knowledge should be increased." (Daniel xii, 4.) In obedience to that conditional promise these pages are sent to you. The knowledge of a remedy, or compound was sent and the patient became better in a few hours. While we write this (the next day) the purple spots are partly gone and food has been taken. The delirium has subsided and every look is for the better.

It is very evident, from the limited knowledge we possess, that other forces on earth, in the air about us and around us are constantly at work, busy in their appointed lines, and that these forces are under one supreme force, which supervises and manages all the others in perfect harmony.

Our first act then should be to place ourselves in harmony with this one great force. There can be no discord save through our own ignorance and disobedience.

I find that there is a force in my body which builds up and keeps it in the best of order, if I keep that body in harmony with what I know to be the laws of life. If through ignorance or carelessness these laws are disobeyed, my body suffers the penalty and my mind is perplexed.

The Bible is filled with instructions as to how I may bring myself in perfect harmony with this one supervising force. In it I find many things stated that I know to be the fact, and all statements, as far as I can understand them, are reasonable, just, truthful and beneficial to all of the human race.

One sentence and assertion stands prominently forth in the book, spoken first by the Prophet Isaiah (Isaiah xxix, 13): "Their fear toward me is taught by the precept of men." (Matthew xv, 9) "In vain do they worship me, teaching for doctrines the commandments of men." These are the words of Christ.

Thinking these assertions over carefully I find that I cannot worship God or Christ—the Son of God in an acceptable manner unless I discard:

- a. The "commandments of men."
- b. The "precepts of men."
- c. "Commandments and doctrines of men."—(Colossians II, 18-22.)
- d. Jewish fables and commandments of men that turn from the truth. (Titus I, 14.)

In order to serve God, I must believe all the Scriptures and serve Him acceptably.

If I believe that man has a soul that will "never die," when God says the soul that sinneth "shall die" (Ezekiel xviii, 4), I am in vain trying to worship God.

If I teach that there is a "purgatory" when there is no such place spoken of in the Bible, I am "in vain" worshipping God.

If I teach or believe that "infants can be baptized" when the Bible teaches that repentance should come before the baptism ("Repent and be baptized"), and this

cannot apply to an infant, then I am "in vain" endeavoring to worship God.

So on through "going to heaven" when I die, when the contrary doctrine is taught in Revelations v, 10, and elsewhere; knowing everything when I am dead, when the Bible teaches "The dead know not anything," Ecclesiastes iv, 5-10; or when I pray to saints or angels or the "queen of heaven." All these are "in vain," and I must get right with the word of God and believe in that word before I can serve Him acceptably. In short, I need not look to have any prayers answered nor need I expect to be in harmony with God as long as I do not believe, or know, or care what God teaches me in His Book. If I will not hunt after His word and believe in His word, "in vain" am I trying to be in harmony with God.

I must obey all His laws and all the teachings in His word in order that I may be in harmony with Him.

The desire that is in our minds, at least in the most of our minds, is to know how to do right and to have the favor of God; to know how to gain that favor and become sure that we have it from day to day.

If we understand the laws of God and can ask and receive the things that we have need of, directly from the hand of God, why should we distress ourselves about the future or the present? This is what we are endeavoring to make plain, so that we may not have to walk in darkness any more. That we may have understanding of all our conditions and be at peace with God and with ourselves.

If there is any way by which we can accomplish all of these desires, that is the way we should follow.



If we have this way given us, it must be in the Bible. If we do not have it, what an unjust condition we are living in. But we *have* this instruction marked out for us, by the Lord Jesus; He came to tell us, and when He departed He left all these ways marked out in the plainest manner for us to follow.



## CHAPTER IX.

### MENTAL INFERIORITY.

According to St. Paul, a woman, being the weaker vessel, has to keep her head covered. This set of ideas has been handed down until we find in some churches—Catholic, Presbyterian, Episcopal—that they do not allow a woman to do any talking where the priest is. So far as their churches go, we do not think the woman loses anything by keeping silent, but when this idea enters into a family, that family is the next door to death. If we know anything about the family relations, we assert that the wife should be just as free in the household and free in mind with the husband as he himself. She is a partner and she is just as much interested in the welfare of the house as he is. She is the mother of the children, and she knows those children must be educated, and she should have just as much say about the finances and about everything connected with the house as he should.

I have seen many homes where the husband conducted his business and the wife paid attention to the household duties, and there was a division of funds from what she could earn from chickens and eggs; he having his accounts all separate. This, of course, is better than not having any say at all, but it is not my idea of life where there is love and trust.

The man oftentimes is not to blame for looking on the woman as inferior, but if he is married to a woman who is his equal and who was a comrade before they were married, and whose bright face was a pleasure to him, there is no reason why she should not be a full partner and understand all his financial schemes as well as his work. It makes life a great deal sweeter and pleasanter for the husband to have his wife understand everything and sympathize with his ideas and criticise them may be, if needed, and not feel he is all alone and there is no one to help or care what he does or how he does it.

When a man has married a bright-faced girl, and he comes in some morning telling her of some scheme, and instead of listening to him she sits back in her chair and pouts and cries, she is paying no attention to anything said, but is thinking about herself, her aches, her pains. After the husband has gone to the wife of his bosom with some scheme and has been repulsed by her tears or her pouts, he will shut himself up and look upon her as inferior. From that moment there is a veil between them and little by little the breach grows wider, until he looks upon her as a necessary evil to be supported, and he tells her nothing of his business and has no confidence with her whatever.

On the other hand, very few husbands understand the wives they marry. Only one in a thousand ever finds the comrade in his wife that his mind or soul craves for, or should crave for. He makes excuses for his own shortcomings, but he seldom or never makes any excuse for her conditions, even though he may not say anything to

her. Mentally he finds fault with her and approves of himself or excuses himself.

The slightest suspicion is looked upon as a fact, and many a husband never knows of his wife's faithfulness and her devoted love, until he is on his death bed, or consigned to the penitentiary.

Of course, there are unfaithful wives, but frequently the husband drives the wife to acts of unfaithfulness by his neglect and lack of confidence in her; she should be a helpmeet and a helpmate. Anything she lacks in grace, beauty or education should be thought of before marriage. After marriage, education commences along the particular line the husband's vocation lies.

If he is a minister, he should interest her in his work and take her with him on his visits; in his studies she should be his comrade and his helper. Every line of truth he learns can be imparted to her. On the other hand, all her troubles should be smoothed over and he should let his parishioners know that he is one with the wife of his bosom. He should be a father, a priest, a provider and comforter, teacher and a comrade for both wife and children.

If he raises stock for a livelihood, he should interest her in the various breeds he is raising, and the money value of same when they come into market.

In short, no matter what the profession of the husband, he should make his wife a comrade, a companion and an interested party to his business—their natural success and comfort. In all these particulars there is no help so great as their being one in the belief in the Bible, the truths of God.

If she is sick let the husband kneel by her bedside and

ask Christ for her. If she is well, let them both beseech Christ to care for them and their family.

Now, we assert that the reason the wife so frequently becomes inferior is because she is kept in an unclean condition. She is just as capable of rising and being the husband's equal at all times after as before marriage. Her mental state is dependent on her physical well being, and nothing so soon conduces to a wife's inferiority as not allowing her to become cleansed in body during the time of her menstruation. And nothing breaks her down so fast as to be compelled to gratify her husband's demands during pregnancy. It degrades her mentally and physically and destroys the child as well. The hard times and labors, the weakness of the uterus and a thousand other conditions come because of this worse than folly.

We say, and we know exactly what we are saying, that when a wife becomes pregnant, the husband should not touch her until that child is born and weaned, and the wife who does not know enough to control these conditions during this time is not capable of taking care of her own body. There is no hardship about this. When a husband thinks the wife is a creature who is made for his convenience he is a fool or a brute. It is far better for the wife to sleep alone during the entire time she in carrying the child. She will have a much easier time when she has her baby, and the baby will be perfect in body and sound in mind.

We know it. Nothing takes away from the brain and nervous system of the child so fast and so surely as sexual intercourse while the wife is pregnant.

Consider a moment how absurd it would seem to re-

peatedly attempt to breed a mare that was already with foal. Ask yourself about other domestic animals at the time of gestation. The wife—in her body—is an animal. Take care of her. Do not degrade her. Do not humble her. Do not misuse her body, which you surely do when you force her to serve you while she is pregnant.

Besides making the child inferior, the loss of nervous material to the wife, who is forced to any demands during the time of gestation, makes her actually inferior to what she would have been if allowed to carry the child without molestation and hindrance.

Consider farther than the present. If the mother dreads the approach of the father, while she is carrying the baby, the child will have the same dread when it grows to maturity. There is a great secret unveiled in this consideration. If the mother loves and does not dread the approach of the father, the child will love the father when it is growing and is grown up.

Consider your conditions in five, ten or twenty-five years and we are sure you will forego the few moments' gratification, both for your own and wife's benefit. And surely if you can increase the beauty, strength or wisdom of the child that will call you "father," you will not hasten to force yourself upon your wife. The child cannot now talk to you; but the time is surely coming when that child will talk, and, if twenty years from now, it rises up and says that it hates your very presence, you will have to study backward to see what is the cause of this unnatural hatred. Your pleading of ignorance will not change the law nor the penalties of a broken law.

What you do, what you think, and how you act now is



surely reproduced in the child that will be on the stage with great effect twenty-five years hence. Both will marvelously change during that time and then is when you need them. Consider these conditions and let your conscience and your Lord guide your decisions. In the years to come you will sing songs of praise to yourself because you did not force your presence on the wife that carried your baby.



## CHAPTER X.

### FEMALE DISEASE.

It is thought by a great many women that because they are women they are entitled to have a certain number of diseases all to themselves, simply on account of their sex. Other women have these diseases and why should they not have them? It is a common fact in trade among a certain class of physicians to assert that a "woman and her woes" are inseparable. We know that if the wife lives right and her husband treats her with consideration (both obedient to nature's laws), that she would be his equal at any time, mentally, and almost all of the time, physically. She will be a helpmate and a helpmeet, ready at all times with her bright face and sweet breath and her words of wisdom to help him out of many a difficulty. She should not have any woes.

A man who has such a wife—one that he can consult with at any time, or go to and ask her advise about his business, whether he is keeping store, buying real estate or launching on some new venture—is a man that is fortunate, and you can tell him wherever you meet him by his clear eyes and contented face. The man who quarrels with his wife and has a row with her every time he enters the house, will, very shortly, look aged, wrinkled and haggard.

There is nothing that will destroy a man's mentality

as fast as a continual quarrel and association with a person whose mentality is antagonistic to his.

Following these ideas, we claim that the obstructions which come on the wife from her quarreling, from her uncleanness, from her lack of purifying her body and impurity in the wedded life, are the causes of her ovarian, uterine and kidney complaints, nervousness, stomach troubles and all the whole train of evils, which come under the head of "woman and her woes."

It is true she may have a condition as whites, or a discharge because of eating starch in excess, as potatoes, fine flour or baker's bread, and it is also true that where a woman has been brought up on hard water and that water has been excessively limy, that she will not have a constitution as pure and clean as if she had soft water during her life. Hard water clogs the kidneys and brings too much lime into the system, and this, together with the excess of starch causes the whites—and may do so even in a young girl, and also cause painful menstruation and ever so many other troubles; and again, the use of pork, coffee, tea, potatoes and tomatoes will produce many cases of weakness in both man and woman that are not usually attributed to the food. It is also a fact that a diet of pork, coffee and potatoes, with hard water, will produce many kinds of diseases, including cancer, paralysis and insanity. A man who cannot provide his wife proper food to eat and a separate bed to sleep in—especially when she is menstruating or pregnant, is a man who ought not to have a wife. Mistreating the wife during pregnancy robs the child and it will not be as good mentally or physically as if she had been properly treated. When you hear of cancers of the uterus or

ovarian tumors, you may rest assured there has been a cause for it, and the cause has been uncleanness, wrong diet, hard water and a lack of ventilation. These are the causes, and they should be removed before we may expect that a recovery can take place. And the person who goes to a doctor expecting a little medicine to undo all these evils, labors under a great misapprehension.

Ignorance is a very soft name for it. Stupidity comes nearer. The man who thinks he can keep a wife well on such a diet comes very near being an idiot. As a general rule the majority of men do not know any more about taking care of a woman than a mud fence knows about an eclipse of the moon.

There never will be any female disease where the woman is taken care of and where she has proper diet. Pork, potatoes, coffee, tea, tomatoes, beer and baker's bread do not constitute proper food for a civilized being.

During the time that the woman is unclean, she should not make bread or do any kind of work that will in any way retard the process of the excretion of effete materials from the blood corpuscles, or transmit her uncleanness to others by coming into direct contact with foods. In short, if a man will seek this knowledge, he will find that with a little care he may help a woman a great deal at a very small cost, and he will be rewarded for this care with a lovely wife as a partner—a comrade—and some one who will be a friend to him as long as he is on earth, and should he die by any accident, she will not run away and swear that she does not want to be buried beside him for fear he will turn over and curse her, as we have heard of a widow saying after her husband was dead.

There are some things which a husband should know about his wife. Her body is in a manner different from his own, inasmuch as the vital force has provided ways of purification that are for nothing else, and this method of purification begins usually at the ages of thirteen to eighteen, and terminates at forty to fifty-five. Anywhere between these two ages her body—if left to natural conditions—will purify itself, if the food, water and habits are correct.

As long as a person uses hard water, man or woman, that passes the age of thirty, they will have an excess of extraneous materials which are held in solution in hard water, and these particles being strained out will settle in the kidneys, lungs, liver, uterus and pancreas, thus forming obstructions; and by obstructions we mean impediments which cause at least five hundred and fifty of the diseases that afflict the human race.

We say, and we assert it deliberately, that hard water causes five hundred and fifty diseases which afflict the human race, and two hundred and fifty more are caused by tea, coffee, pork and potatoes.

To get rid of these obstructions, there are many remedies which can be used with great safety at a very small cost and are efficacious.

In order to make this very concise and practical, we will place these remedies in paragraphs. If the husband will follow these directions, taking any single remedy, or any two of these remedies, and placing them together—for they are compatible with one another—he will have excellent results in the restoring of his wife's body to complete health. But we caution you at all times against cascareds, rypans, fig syrup, or any other physic what-

ever for the purpose of removing any state of constipation, biliousness or any other difficulty. Use injections to the bowels as long as constipated and eat fruit and nuts enough to bring the bowels into a good state.

If weak, have her drink a tea of German chamomile blossoms.

If she has a lung trouble, she should take the tip ends of the spruce flowers, put them into cold water and soak them. Put a double handful into a quart and drink this during the day.

For a cough, give a decoction of elecampane root, one ounce boiled in a quart of water ten minutes, sweeten it palatable with honey.

If she has the whites, use the special mixture of chamomile, peppermint, ginger and wild cherry bark, of each one ounce, and thirty grains of capsicum; mix good, make an infusion by taking one even teaspoonful to a cup of boiling water, steeping twenty minutes; strain and sweeten with loaf sugar and drink four cups a day.

If she has pain in the back, use bugle-weed, a tablespoonful heaping in a pint of boiling water, steep half an hour and drink this during the day. If she is very bad, take twice as much, or three times as much. This is also an elegant remedy for all troubles of the heart.

If she is down-hearted, make a little tea of one-half teaspoonful of black cohosh, and she should drink this strained and sweetened, three times a day.

For pains in the bowels, use smartweed tea.

For indigestion, make a tea of peppermint and drink after eating.

For sleeplessness, make a tea of catnip and hops and



take a warm bath on the arms and above the knees, and then wash the arms and limbs in cold water afterward.

If there is headache, make a decoction of Culver's root, one ounce in a pint of cold water boiled ten minutes; take a tablespoonful of this every hour, or every half hour, until the headache is over. If she is sallow, this is also an elegant remedy, good also for dark circles under the eyes. Should only be taken one or two days in a week.

For pains across the shoulders, use the wintergreen made into a tea like the chamomile.

For faintness, drink sage tea; do not make this too strong, and cream may be allowed, but never milk.

For pains during menstruation, take the corrective powder, which can be made of poplar, goldenseal, wild yam and cayenne, equal parts.

If the woman has a rough face or rough skin, add another part of balmony and another part of goldenseal, and take as much after eating as will lie on the point of a pen-knife.

That there are diseases peculiar to women indicates that some general cause peculiar to women is at the base of these conditions called disease. The peculiar conditions of disease may be divided into:

- (1) Itching of the vulva.
- (2) Leucorrhea or "whites."
- (3) Anteversion of the uterus.
- (4) Retroversion of the uterus.
- (5) Painful menstruation.
- (6) Tardy, scanty or excessive menstruation.
- (7) Stoppage or suppression of the menses.
- (8) Cancer of breast, ovary or of uterus.
- (9) Ovarian tumors.



- (10) Uterine tumors.
- (11) Hydatids, polype or other abnormal growths.
- (12) Prolapsis uteri, or falling of the womb.
- (13) Laceration of the perineum.
- (14) Laceration of the os uteri, or a tear in the mouth of the uterus.

Before, during or after the period of menstruation there may arise an itching sensation all over the labia, extending into the vagina and across the perineum into the rectum, which is sufficient to drive one crazy with a desire to scratch the parts.

The causes may be from one of three conditions, or from a combination of all three.

a. Uncleanliness from lack of care of the person (imperfect sexual commerce and self-abuse forming a very potent factor).

b. The presence of insects, parasites or germs.

c. Parasites in the blood.

In case of itching from the presence of insects, a wash of any antiseptic will be of immediate benefit.

First—Boil butternut bark (fresh bark the best), a pound in two quarts of soft water, until there is only a pint; strain and use either warm or cold as may be most agreeable.

Secondly—Make a wash of one part carbolic acid, six parts glycerine, six parts of boiled soft water; mix thoroughly and bottle, closing tightly, and before using shake it good and apply cold with the finger as often as the itching appears. This should be applied with the finger and washed off in warm water—a quart of this water should contain a heaping tablespoonful of soda.

Notice that all washes in which carbolic acid is an

ingredient should be used very cautiously and applied with the finger, rubbing only on the parts affected by the parasites. Carbolic acid is poisonous and destructive in its nature, and if used too continuously, induces paralysis by killing the nerves and death has been known to follow its use.

But if used two or three times a day with the finger for the purpose of destroying the growth, or fungi, or parasites, it will be found safe and effective.

Thirdly—To ten grains of permanganate of potash add six ounces of boiled soft or distilled water. Use in same manner as the carbolic acid wash; this can be made stronger or weaker to suit the different textures of skin by adding more or less of the potash to the same amount of water.

Fourth—One part oil of cedar to six parts pure olive or cotton seed oil—well mixed—will be found a pleasant application to adults where the skin is toughened from any cause; this should be applied carefully, as it will smart intensely if allowed to go into the vagina.

Fifth—One pint of hot water in which an ounce of borax has been dissolved will sometimes relieve the most intense itching.

Sixth—One tablespoonful of strong ammonia to three-fourths pint of warm water makes an effective wash.

The time for a man to be married is when he is fully thirty years of age. The woman can bear children when she is twenty-three, but we think she is better at twenty-five or twenty-eight.

It is a fact that children born of fathers who are under thirty, and mothers under twenty-three, are not as strong mentally or physically as the children born of parents

who are at a mature age. The father cannot be mature under thirty. The mother should never be under twenty-three, and better if she is twenty-five. Even at that age her best children, if she is properly cared for, will be born after she is fully thirty years of age.

If you are acquainted with these facts you can govern yourself accordingly. If you are led away by passion, by any persuasion to marry before you are mature, you will suffer in your own body and suffer far more in the early decay of your children.

If you desire to have proof of this, examine the children around you, inquire of the ages of the parents when these children were born, make a note of the facts and you can see that we are correct in these statements.

Besides this, no person should be married who has not wholly learned to repress and control every particle of sexual desire. Much of this control is in the will and in keeping the imagination from running riot in your brain. Much more is in having the food free from stimulating articles. No one can be virtuous or continent while they drink coffee, tea, wine, beer or eat pork, oysters, clams, potatoes and pastry.

Any one of these articles is sufficient to bring on incontinence, and from this condition to evil imagination is only a step very short and very sure.

It would seem impossible that God would not have given us some rule to go by, and we find that these rules were once laid down for the human race, and may be found in the Old Testament. Leviticus is filled with laws for the "keeping clean" of the body. We also find that these laws were "a schoolmaster to bring us to Christ."

(Galatians, 3:29.) Once we have Christ we do not need any other laws to go by.

But Christ did not do away with being honest and virtuous; neither did He do away with the washing of our hands. We are required to keep clean. Therefore there is a reason in all the cleanly laws and they are for our guidance, and certain penalties render it imperative these laws should be kept.

What is the penalty for eating swine flesh? Cancer, scrofula, humors, rheumatism, insanity and rickets, deformities and early deaths in the children. It is true that many years may elapse before these penalties come upon you or your children, but they are certain, and when once they do come upon you, you may pray to God, but He will not release you nor your children until that penalty has been fully paid. Now is the time for you to know of this fact. You may think you can live, exist and rear children to be as good, as wise, as strong and as intellectual as other children; so you can, if the parents of the other children eat the hog and live unclean, unnatural lives; but you never can have your children as smart or as well as other children whose parents have observed the laws. The penalty goes down to your grandchildren. Every unclean thing eaten or handled has a penalty attached to it. You may not see it in twenty-four hours, but twenty-four years will show it, and you can be made twenty-four hundred times as sorry as ever you dreamed of.

You may pass out and away from this stage of action and not feel the penalty very acutely yourself, but your children and grandchildren may be in a position where

they will know on whom to place the blame for the disease which they have inherited.

It is well understood that when any person has taken food into the stomach, there should be a period of repose or tranquility during which the food in the stomach is mixed with the gastric juice and the fluid from the peptic glands, and is thus converted into digested food or into a disintegrated mass, which will more readily be assimilated by the lacteals or the small mouths of the intestinal canal.

When this food is not digested from any cause, then it remains as it was when it entered into the stomach, undigested.

This mass of undigested food passes along into the intestines. It is assimilated as it is without enough of the digestive ferments having been added to it. It is undigested and is passed as undigested material into the intestines and from there into the blood, thence into the organs of the body; finally the liver or the spleen stores up this undigested material in its recesses. Sometimes the liver desires to cleanse itself and sends this old material out into the system. It lands in some unused place, some place where there has been an injury, or some waste place, and there that old and undigested material will form a bunch.

This bunch will form a tumor.

The doctor will say it is benign, if it does not putrefy. If it putrefies, then it becomes a cancer and we will have, if there is much of this old material in the system, a most malignant cancer, which poisons the system in a very short time.



## CHAPTER XI.

### FOOD FOR THOUGHT.

There are many men, who after they are married and have taken possession of all there is of a woman, make up their minds there is something about her they don't like. This is one of the most singular occurrences that transpires on this earth. I do not think anything ever changes the mind of a husband concerning his wife as quickly or as surely as the breaking of these laws of cleanliness, unless it would be infidelity, which is also invariably brought about by the same cause.

On the other hand, if the laws have been kept, we feel sure that there never will be any difficulty in the married life and the parties will be satisfied with each other. Always will remain satisfied.

I am convinced that the great majority of the unhappy lives among the married are caused by excessive and imperfect intercourse arising from the fear or hatred of having children. If no more children are desired, there should not be any sexual commerce, and of course, none of the fondling which leads up to it. There comes a hatred instead of love, and a bitterness of spirit instead of patience in every case of imperfect or incomplete sexual intercourse. The bodies become repugnant to one another, and a mental antagonism results that is unbearable.



One of the greatest mistakes, and one of the most common, is "aborting," or "infanticide." There are many methods of accomplishing this act, but not one of them is safe, and not one of them that is not dangerous, while every method taken to prevent the growth of the fœtus (child) is most positively injurious to the body of the woman.

Can a doctor get rid of the child any more safely?

We say that no doctor can kill the child and not injure the mother. The mother is injured physically and the mental injury is just as certain. Where the habit is continued there is certain to be an irritation at the mouth or neck of the uterus, and this brings a discharge which the doctors call "catarrh." Eventually the whole uterus becomes inflamed—the ovaries and fallopian tubes are involved, and oftentimes cancer, or what is termed "cauliflower excrescence," follows, which, under the doctor's treatment is always fatal. The patient may linger along two years, perhaps a little longer, or only a few months, but the end is always in sight by the end of the two years.

I knew of a young wife who went into consumption before the third month where the child was killed by means of a bougie.

Giving preparations of ergot is a favorite method, but I have never known of a case of abortion where the mother was not permanently injured by the loss of the child. She had better have brought the child into existence and given it away than to have murdered it for some foolish idea—or some imaginary fear.

Where the death of the fœtus is accomplished and the wife lives she at once—unless she goes into a decline—

fleshes up in the hips, they become broad and heavy, out of all proportion to the rest of the body. Many, especially if they have taken ergot, cannot have children in after life when they think they are ready to care for and desire them.

The very best remedy is to sleep apart until everything becomes right in the mind. Forcing personal contact on the other party is a fire that continues to burn fiercer the more the constraint. Very frequently any slight personal defect, apparently proves sufficient cause for unpleasantness, misunderstanding, estrangement, and eventually divorce; when, in reality it is all due to the misappropriations of the natural functions. The husband's mind dwells on this imagination and from that moment he thinks he has an excuse in trying to find some other woman that will be better to him than the one he is already married to. The wife in turn thinks she is justified in encouraging and accepting the sympathies of some other man. The person (man or woman) that has such a fool thing as this in mind is sure to have a miserable existence. When a man is married he has taken a wife for better or worse, and should stick to her as long as she is virtuous.

Any deformity or personal peculiarity that may be about the wife can be overlooked whenever her good qualities are considered; and, at any rate, if the man has been blind enough to marry her and she is willing to bear children, any minor fault or personal blemish can, and should be, overlooked.

I knew a man—an American—who married a lovely lady. She brought him some property, and after marriage became deaf simply because they traveled the

Royal Road to Hell and from amalgum fillings in her teeth; she became so deaf that she had to use an ear tube. I have seen this man turn his nose up at her because she was hard of hearing, and when he knew that she could not hear he would curse her to her face. It was a good day when the man died and left the woman alone. I have seen other men—scores of them—who neglected their wives within a month after they were married. They wandered off down street and left their wives to take care of themselves. Such men are brutes at heart. They had no love for them when they were married. They may not think they have done anything out of the ordinary, but the fact is, that every woman when she marries, expects to be taken care of, and in being taken care of, she desires above all things, affection, love and companionship, and the husband who neglects his wife or suffers her to be alone, unless she is at work and he is unavoidably away, is the man who is unjust to the children that are to come after him. In other words, he does not do her justice if he does not take care of and give her the companionship, love, association, the sound of his voice, and more especially, the training that a young wife needs when she is first married to bring her up and broaden her mind, both in regard to financial affairs and the ways of the world, which she is not supposed to be familiar with. She needs being established. The husband who does not do this robs his children of a pre-natal education which they certainly have a right to demand.

There are a thousand ways in which the husband can benefit his wife, and if he wants to take care of her mentally and bodily, he must get acquainted with her

wants and needs. He must satisfy her aspirations for a home and he must train her mind—if this expression is allowable—in the way that he thinks is best both for his own welfare and the welfare of his children.

When the wife is pregnant, the husband should supply her with books and music. He should read to her, and he should make her a part and parcel of his life as much as is possible; he should make a confidant of his wife. The more he improves her and the better she becomes mentally and physically, the better are his children and the better are his chances for happiness. He should never be ashamed of her because her waist is not trim and slender while she is carrying her child. He should furnish her with an elegant loose wrap, and let her go around with him to all places of amusement as long as she is able to stand on her feet, and he should pay special attention to her means of education while she is carrying this child if he wants the child to have the best mentality when it comes into this world, if he wants the child to love him.

And while the wife is pregnant, let him control himself by diet and hard work. He will have more brains after awhile and know more than those who throw away the small amount of brains they have, and then sit on a wood-box in some store and prophesy that the country is going to the bow-wows because of some trust. Let him have a trust of his own and he may rest assured that what he desires will be on hand for him when the time comes. And the time will not be far away before the baby is born if he keeps himself continent. He will have more brains and a better body than the other chap who "indulges" and thus robs the child and spoils the



mother. Expend your surplus "energy" on raising more corn or in doing some extra work that will buy a new baby buggy and wraps for the child.

Not so very long ago I was introduced to a gentleman who was a "great reformer," and from some cause—I do not remember the reason why now—I asked him if he ever got acquainted with his wife. How surprised he was when I told him that one of the first things he ought to do was to help his own family instead of trying to help others. I imagined from this man's appearance how his home looked.

He had tried to change this world into a socialist system, and while he had been preaching socialism he had neglected his wife, the mother of his children, and he had no place like home, but he had an unwilling slave who simply followed him from one state to another, and there was nothing apparently for them anywhere.

When the oldest boy began to work he had to supply the wants of the mother. I do not care how much good that man did to other people, he never did his duty in that he did not take care of the wife he had sworn to love and support and take care of and all that; in short, he had been a robber to her, and had made a slave of one who had trusted him. He should have looked after his own home—loved and cherished his wife and children first—and preached, if he felt called, after he had done justice to them.

When the wife becomes pregnant, the husband should not cease to love, cherish and care for her as well as for the child she is carrying. If he does not care for this increase in his family—the reproduction of himself—he is a traitor to his country and to himself. And he need

not wonder when the child grows up if it hates him instinctively.

The assassin of President Garfield was a child of a minister, and was conceived and born while his mother was incarcerated in the loft, or garret, of their home as insane. She was his "wife," and of course he had "the power," not the right, to co-habit with her if he desired.

He had the power and used it and Guiteau came on the scene. We know the rest.

No wife should be forced to bear a child if she does not wish to, but if she has the child, then we assert that it is just as imperative on the part of the husband to care for and love the mother (and when he does this, he is caring for the child that she is carrying) as it was to care for her before he married her. If he does not do this loving and caring for her, he may be sure that he will not have much of any comfort from the child when it comes into the world.

Again, if the wife does not wish to have a child, the husband who forces motherhood upon her is building a fire which will burn him and what he desires to have as a home into smoke quicker than he thinks of. Nothing destroys the home so quick as to force another life into it against the will of the one who has to care for the unloved and unwelcome guest for eighteen months. Do not forget this for a moment. Keep yourself aloof from all temptation and gain the love, respect, esteem and confidence of your wife before having another life come that will make you miserable as long as you live.

If there is one thing a man ought to know more than another when he takes a wife, it is that every twenty-eight days during her child-bearing period, her body is



in such condition—that is, a cleansing condition in which the corpuscles of the body are cleansing themselves—that her body demands during this period of time extra care, comfort, protection and immunity from all smells and all associations or contacts that will prevent these corpuscles—these atoms of blood—from cleansing themselves and passing off the excrementitious and worn-out materials that are in the body. She should have a home where she can take care of herself.

We mean to say, and if it were possible we would rub it into a man's head clear through the skull, that during the time of the woman's menses she should sleep alone; she should not make the bread nor be exposed to the inclemency of the weather.

Of course, if the wife is all right and she is well clad—oh! We know what we are talking about—we mean to say that every woman should be well protected around the bowels and should have the lower extremities well clad with good, warm underwear, and the best of shoes when she goes out anywhere during the time that she is unwell; and the husband who knows enough to take care of his wife is the man who is going to have good returns for his investments.

The moment the man knows about this and evinces a care for the persons who are really weaker than he is, that moment he steps on a higher plain in the scale of humanity.

And the man that does not know this is the one that is going to pay doctor bills and find that in more than one way he has lost his prestige and his influence among those that he calls the weaker sex.

We may as well mention while we are about it that

during the time the mother is nursing her baby, and we believe during the time she is pregnant, if she is expected to have a nice child, should not be forced to put her hands and arms into warm soapsuds where the impurities from soiled clothes have been soaked out. She might wash her own clothes and the clothes of her baby if she is all right, but if the husband wants to take good care of her he should have someone else to do the washing during these times.

Above everything that can come to a wife she should not be forced to live in the same room or house with some of his relatives. Do not do it under any circumstances. Have a room or a house alone where you can live apart from any criticisms of some one else. Mind this, there is more in it than you have any idea of. No wife can nor should be expected to stand any sneers or criticisms while she is carrying a baby. Everything that comes up and makes her unhappy is reflected in the little immature child she is carrying, and when that child comes into the world it has all this unhappiness burned and branded in the little brain. Then it cries. Oh, you may think we do not know what we are speaking of, but we do—we have seen it, or seen the progeny which came from the wife who was unhappy and sneered at while the babe was being carried in the womb.

Did you ever know that the cases of hare-lip, or split-lip, and many of the cases of those who are without any palate, come to a child because the mother was unhappy while the baby was being carried in the uterus? We know it. These things are not generally known. Think over these conditions and learn to treat your wife with love and affection while she is carrying the child, and if

you can keep her away from the unpleasant things which are too apt to be said by the foolish and thoughtless—you will have much comfort when these children come to maturity. We are teaching you something of more value than money. These are points that the man should think of who has a wife to take care of and who expects to have her smile and her love during the time that he is on earth.

It is not remedies and “cures” that the husband wants who is desirous of taking care of his wife—it is knowledge of how to do those things beforehand to avoid illness and trouble that he should have.

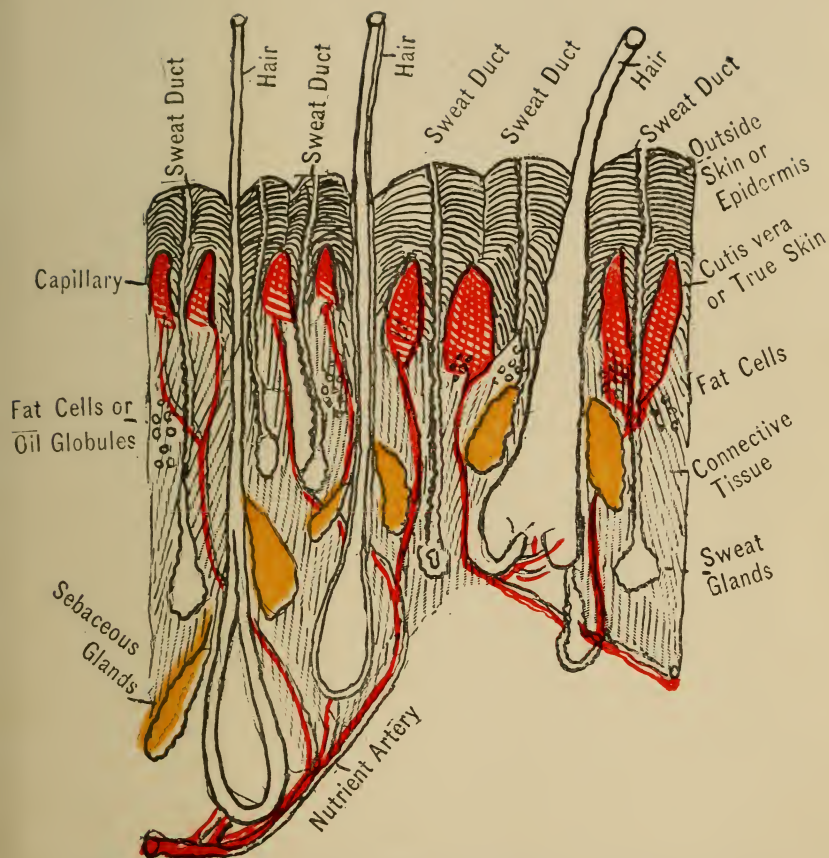
The doctors hate to have this knowledge in the hands or brains of the common people, and this is why you have never heard of it before. Very few know of it, and, therefore, it is new to you. But these are the facts and if you know how to take care of your wife as well as you should know how to take care of your cow, you will have a happy and healthy household and never have to give any of your hard earnings to the doctor or the drug stores. You will know absolutely more than they do.

## CHAPTER XII.

### BURNS.

Our readers will see in the following illustration, a representation of what is known as the two skins, that is, the outside skin, which is called the EPIDERMIS, and the inside skin, which is called the CUTIS VERA, or true skin. The sweat glands are shown in black, while the yellow represents the sebaceous glands, which are oily bags containing nutriment that is especially for the hair—apparently—but we believe also has a mission in supplying the skin with an oily material or lubricant, making the whole connective tissue oily. It is a fact that those who drink hard water, coffee, tea or alcohol, and have their kidneys filled up with lime, and so on, always have a rather harsh SKIN, and those persons who use soft water and wash every day and who eat sufficient quantities of vegetable oils, have what is known as an elastic or soft and pliable skin.

In a young girl, and it should be so in a young man, we see the soft, elastic skin smoothly drawn over the connective tissues, and it is natural for us to pat a child whose skin is smooth and round, or to smooth down the arched neck of a favorite horse. Underneath this skin that we pet, these glands called sebaceous are filled with



Drawn especially for the "King's Command," August, 1902, to illustrate the article, "On Burns."





oily material. Now, this oily material comes from the blood, and, by the way, we will say that when a person shaves and allows this oil to escape from the sebaceous glands, they become wrinkled and this oil is wasted. And after the waste then we see the face sinking in, and the man has lost a portion of valuable oily material which should go, and does go, to supply the eye and the ear with the necessary lubricants, and without this oil we cannot retain our hearing or our eyesight to a good old age. And when we shave daily, we have lost this much of valuable material for the body.

In the case of a burn, the portion of the body burned should be soaked in cold water, and the pain would leave in an hour or so. The doctor who rubs on vaseline or some lubricant to be absorbed with this dead, burned material, aids in sending this mass directly back to the heart. You will see underneath the red part is the nutrient artery. This also is accompanied by a vein, and through this nutrient vein these materials are taken back in their baked and congested state to the heart and lungs, and, of course, fill the brain with this old material.

One of the most common occurrences in civilized life is an accidental burn from fire, hot stoves, gas, or from anything else which may have been heated enough to cook the outside skin. This is called a "burn."

When a burn is caused by heated water or a hot liquid of any kind, it is called a "scald." The effect is somewhat different, in that in the case of a burn there is immediate hardness and baking of the tissues, and in the case of a scald, the tissues are soft and cooked. In burns, the flesh stays on the body, because it is immediately dried to a crisp, while in the case of the scald,

the flesh is liable to drop off and leave holes where the flesh was cooked, dead and soft.

In both cases the life force is at once driven from the tissues, and these tissues are dead and foreign matters to the body. The treatment may be almost alike, for all practical purposes, in either burns or scalds. Every mother and father should know how to treat either, whether the injury is from gas, hot liquid or fire. There is no time to call a doctor, and usually the doctor does not know what to do in ninety-nine cases out of one hundred. We want to deliberately repeat this, so that there is no possible chance of a mistake, that the doctor does not know what to do when he is called to treat a burn. He is not taught right and he never finds out what to do and do it at once. We go still further and say that the doctor, notwithstanding his education and training, has been taught wrongly along these lines, and his first idea is to "allay the pain," while, as a matter of fact, the first idea should be to prevent the loss of more tissue and the death of blood corpuscles. We should prevent the loss of more tissue and get rid of the burned and dead material.

Unfortunately, however, the doctor has been taught that he is to "allay the pain" at any cost, and he does this with poisonous agents which kill the corpuscles and destroy more tissues than the burn originally destroyed. Of course, from the habits of the civilized world, a burn from cook stoves, gas, etc., can occur to any person at any time. More frequently, however, to a child, but if the mother or father, the friend or the nurse is ready at once to treat the child in a proper manner without the ideas of a doctor, there can be many precious lives saved

which are sacrificed under such harrassing and painful circumstances as make the very remembrance of them agonizing to the mentality of the unfortunate parent.

We say that everyone should understand what a burn is. We will place the following in paragraphs so that everyone may understand precisely:

1. There are four layers to the outside skin.
2. There are two skins. The outer skin is called the "Epidermis," or the skin on the skin, or the outer skin, and the inner skin is called the true skin, or the "Cutis Vera."

In all cases of skin burned or scalded, the danger is when the second skin, or the true skin, is burned inside deep enough to cook the capillaries and to congest or cook the capillaries inside of the true skin. The blood, which is inside of the capillaries, is cooked—or killed from heat—whether the heat is from liquid or a hot furnace.

The capillaries inside of the true skin lie up in little cones and are connected with the nerves and with the venous circulation as well; the blood coming directly from the heart to these capillaries and returning through the capillaries to the veins and from there goes back into the heart and into the lungs, where it is oxygenated or aerated, and sent out through the arteries again. Thus, we have a continual flow of blood from the heart to the skin and from the skin to the heart at all times.

Now, the result in a burn is to cook the nerves, tissues, and all the blood corpuscles that are with the capillaries in the true skin, and the next result is to have this burned, congested or cooked blood go back into the

veins, and thence be passed into the heart, and from there all over the body as cooked or dead blood.

We wish our readers to comprehend the fact that it is not the burn that at once kills the person. Of course, the burn is the direct cause of the death, but the actual cause is not because the burn killed, but because after the burn, the congested, dead blood in the skin or in the capillaries and the burned material that is in the skin near by the veins, being shut up and disintegrated, becomes putrified, or in any case it is charred and then is taken up by the venous system and carried back to the heart.

If the burn is above the waist line it is probably carried back directly into the heart itself. If the burn is below the waist line it is likely to be carried into the liver or, going into the venous circulation, is kept in the liver and there congests the liver, or rather is in a congested condition held in the liver cells to be thrown out afterward.

The necessary thing to know and what the doctors do not know, is the fact that if the skin, this outside skin which is shown in Plate No. 1 in this volume, is charred and burned, the capillaries, the sebaceous glands, the epidermis and the arteries and connective tissues are all burned and charred. That is, that there is no longer any life in the burned tissues.

Now, observe carefully that the proper thing to do at once, or as soon as possible, is to have these parts that are burned and charred dissolved and disintegrated and in a condition where they can be sent out through the skin. If this is understood, that these parts are to be sent out through the skin and are not going to be taken

up by the venous system, but are going to be expelled, as it were, through the pores of the skin, and should not be allowed to be taken up by the venous system and carried back to the heart, we will then have a plain understanding of what cold water (but not ice cold) will do to the outside in the case of a burn or scald.

The water disintegrates, or dissolves, these charred and burned pieces, and the water also applied to the outside of the skin assists in covering over, or allowing the blood corpuscles to sheathe over, the fine tendrils of the nerves and the loops of the nerves, or the ends of the nerves that are burned; we say that the water allows the corpuscles to send out material that will sheathe over the ends of these nerves, and in the course of an hour the little one that is burned, or the large one that is burned, will have gotten over its pain and smarting, because the ends of the nerves will be covered up.

The recent death of a noted Chicago doctor's daughter is an instance of a lack of common, ordinary foresight, which is certainly foreign, or should be foreign, to the parent desiring to take care of the child. We will quote from a current newspaper regarding an account of her death and show how it was that this girl died from a lack of what might be termed ordinary common sense. The following is the condensed account of her death:

#### DEATH OF DR. ———'S DAUGHTER.

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Her Hair Catches Fire and She Is Fatally Burned.

"CHICAGO, May 15.—Esther, daughter of Dr. ———, died last night of burns, having suffered for hours.

"She was twenty-three years old and a student at the



University of Chicago. Yesterday morning her hair caught fire from a gas jet and her head and face were horribly burned. Nurses placed salve on the patient's wounds; meanwhile, the father was hurrying to her bedside. The patient was unconscious much of the time.

"She died at 9 o'clock in great agony, having returned to consciousness a short time before. News of the death did not come out until to-day, when the coroner was notified. An inquest was set for 11 o'clock to-day.

"At the inquest her father was the first witness. He frequently broke down under his grief. He declared that his daughter's night robe had been burned from her body and that vaseline had been applied by a licensed physician. He further stated that, during the afternoon the patient's condition had become very serious and that Dr. C——, a medical practitioner, had been called to consult with Dr. S——. Dr. C——, the witness said, held out but little hope. The jury then returned a verdict that "the death was due to burns accidentally received."

Here we see that the girl had her night robe burned from her body and vaseline had been rubbed on.

In the first place, the inside part, or rather the true skin, is burned and the capillaries are full of cooked blood. What, then, should be done in the case of every burn? What should have been done, for instance in this case? We reply, that the very first thing to have done was to have prevented any more blood from dying, and also to prevent any of the blood from going back into the heart any faster than was absolutely necessary, or than nature desired to have it go back.

How could this have been done?



We say that, if at the time she was burned, she had been placed in a bath tub of cold water the moment she had her night robe off, and had been kept there with the water on her all the time, as fast as it got warm to have taken out the warm water and fresh cold water put in, in the course of an hour and a half or two hours all the pain would have ceased.

This is precisely what we say: That, if she had been kept in a bath tub of cold water for an hour and a half, or perhaps two hours, that by that time the vital force would have carried blood enough to these capillaries and shut them up and would have produced, or would have made provision to have sheathed up the ends of the broken nerves, the loops and little fine tendrils of nerves that are on these capillaries, and the water would have soaked up the dead and burned material so as to have formed a complete sheath or covering to have excluded the air, and the pains would have been gone. Then nature would have built up new capillaries, new skin underneath, and she would have lived. This is law. This is common sense. This is the exact thing which should have been done. And every mother and father, nurse or friend should know these facts, the why and wherefore.

If a child is burned, put the hand or arm, or whatever part may be burned, into cold water. If burned on the face, or near the mouth, keep the parts wet in cold water by means of a cloth.

In case the skin is burned from the outside, so that the outside skin is cooked, then we say lay a soft cloth over the burned place and do not disturb this cloth, but keep it wet with the coldest of cold water and give it time to get settled and easy, which it will as soon as the nerves

have been sheathed over by the plasma from the blood corpuscles, and these blood corpuscles will bring it there every minute, and as soon as it gets easy it will commence to heal up under the influence of this water, and will never stop healing until every particle of the burn is healed up from the bottom. Mind, if the outside skin is burned clear through, it is not wise to disturb the inside cloth.

If not burned so the skin is crisp, then we can change the cloth as frequently as it becomes warm, every minute or so, if necessary, until the pain is over from this burn or scald. But if the burn is on any part of the body, put the body into the water and keep it in this cold water until nature or the vital force sheathes up the nerves, and when these nerves are sheathed there will be no more pain, because when the nerves are not exposed to the atmosphere, or when they are sheathed from the atmosphere, then the pain ceases. Cold water is the great remedy for burns, because it excludes the air and is immediately taken up by the burned blood and the dead skin that has been burned, putting them under the solvent process of water, and so the water itself is taken up and passed into the dry, burned, cooked, roasted places, where the blood has been congested or cooked, and all these particles are soaked up or liquified in a very short time, so they may be taken up, removed or thrown off by the vital force, for water is the natural solvent of the body, and when there is sufficient water in the body there is no trouble about the corpuscles being able to go right to work and sheathe over the nerves or the ends of the nerves, and at once commence to repair the little capillaries which pass the blood from the arteries back

into the veins. The veins themselves take up the water and do not allow the dead and roasted blood to pass directly into the heart without being liquified.

In the case just mentioned, where death is recorded as having occurred the same day as the burns, we repeat that if she had had this cold water treatment she would have been alive and probably well to-day; but, instead of this, they put on vaseline. No one knows what there was with this vaseline, but from the fact that she went to sleep, and from the further fact that Dr. S——— had it rubbed on and that she went to sleep afterward, there is no reasonable doubt in any man's mind who had seen the effect of morphine, that this vaseline contained some opiate. Besides this, as will be seen by the report, nurses placed salve on the patient's wounds.

Now, this salve was a grease of some kind, nobody knows whether it was made out of hog's lard or lumpy-jawed cattle suet. As long as it was a grease and made into salve, nobody cared. Grease does not supply anything to the blood corpuscles, and it was a hinderance to the vital force in getting rid of this charred and dead material. It was just the wrong thing, even if it was nothing else except the cow grease or the petroleum, but the probabilities are that in that "salve" and in the "vaseline" there was some opiate or narcotic which killed still more blood corpuscles, and did not allow them to go to work, and she died.

It was too bad, of course, and we are sorry. We sympathize with the parents, but, then, it would have been a great deal better to have taught this young lady some common sense and some real truth while she was attending the University of Chicago.

The tendency of the age is to "trust the doctors," while the parent, who is more interested than any one else on earth, is standing by without a thought of the proper thing to do, because this knowledge is not at hand and in the brain before the accident occurs. If the parent would pay attention to this kind of knowledge before the accident comes on the family, there would never be the agonizing results that we are having every day.

All the time that the person is in the water, or that the water is being applied to any cases of burn, it is of the utmost importance that the person has pure air to breathe. The room should be open, whether in cold or warm weather; there should be plenty of air in the room. This is not only of the utmost importance to all sick persons, but we say without the pure air there is no possibility of there being any rapid recovery. Liberal quantities of water should be drank as well.

We do not know how we can make this any stronger, but we wish it understood that those persons who do not have pure air when they have a burn, are the ones who are going to die, because the lack of pure air on the blood corpuscles destroys the corpuscles and prevents them from performing their duty in building up new tissues.

Some reader may ask how we know that there was anything in the vaseline or the "salve" that the attendants rubbed on the burns. This would be a good question and we think we can answer it.

If the vaseline had been placed on, pure and simple vaseline, the girl would have screamed an hour or two with pain and then it would have been over. But when

they put on their foolish compound, no matter by whatever name they called it, she went to sleep, or into a state of "unconsciousness." What caused this unconsciousness? We say to you that the vital force would never have been unconscious half a minute if there had not been something in that "salve" or in the "vaseline." This condition was not due to vaseline or simple cerate "salve," but it was some other ingredient, and this Dr. S——, who is licensed to practice "medicine," placed this ingredient in the vaseline or it was incorporated into these articles beforehand, and the thing was done. She went into unconsciousness and never came out only long enough to ask her father to pray for her.

In all hospitals they have on hand at all times a supply of "carron oil." This is made by shaking together equal parts of lime water and linseed oil. The oil is softened or mixed good, and this is put on all kinds of burns until completely covered, and then the burn is easy. It is not as good or as effective as cold water; we have given both of them many a trial. And, while we always have carron oil on hand, we know that the cold water, and plenty of it, is the very best thing on earth to apply to a burn or a scald.

We wish the parents who read this book would remember this always.

Place the parts under water until the burned and charred places are dissolved, and then we shall have a safe child, or a safe patient; when, if we put on the vaseline with opiates or shut the pores of the skin up as is often recommended, with opiates, laudanum, sulphonal or anything else, we have these burned and charred parts go directly back into the system, and if an opiate is



given the child or burned person will lose consciousness and they will die.

Put this book right aside and remember that in all cases of burns or scalds, no matter whether it is from hot grease, gas or from any hot liquid being turned over on the child, or from the child sitting in a tub of boiling water, or from any cause whatever, that the placing of the burned parts in cold water is the only remedy that has ever been discovered that is perfectly safe and sure to save life after an extensive burn or an extensive scald.

If you only have this piece of knowledge for this entire year, it will pay you a hundred times over in case one of your little ones is burned. In case there is only a finger burned, put it in cold water; keep it in cold water until all smarting has ceased. In case the face is burned, put cold water on it and keep it on. In case the body is burned, put the parts into cold water. In case the chest is burned, keep turning cold water on the chest or on the back or neck and you will have a safe outcome.



## CHAPTER XIII.

### VACCINATION.

In what we know as the civilized world, no one act has done more to make people weaker and more liable to disease, than the foolish habit of vaccination.

The medical profession have taken up this idea, that when a person has had some kind of poison placed under the skin and this poison has gone into the blood, that another poison cannot enter into the blood. Or, they assert, that when a person has clean lymph (but there never was any clean lymph—all of it is vile) placed in the body, that small-pox cannot be taken. This is wholly erroneous and has been proven so in thousands of instances. Vaccination never protects any one from the small-pox. Never has and never will protect any one. When the lymph, poison, scab or virus, or whatever may be the stuff which is used on the arm or limb goes into the system, then the blood corpuscles are poisoned and have all they can do to fight this poison which enters into the blood and makes it impure and diseased. The force of the body has been so impaired by the poison of vaccination that the resistive powers are not only less able to combat the disease we are endeavoring to escape, but all others as well. And this is a detriment so great that there is nothing which has ever made the human race so weak as the habit of vaccination during the last one hun-

dred years. Our hospitals are crowded. The diseases have multiplied. Fatal cases of cancer and paralysis were never as prevalent as at the present time. And the wholesale vaccination is one of the main causes. No person can have a sound body where the vaccine matter has been placed in the body and has "taken" as they desire to have it taken. When we desire to cure any sick body, we should always ask when the patient was vaccinated, and go at once to work to get this poison material out of the body as one of the first requisites to health. The poison is there if the person has ever been vaccinated. We must remove it before the body will become entirely well. Every parent should think out the result and refuse this abominable superstition and never allow these ignorant and stupid doctors to place this lymph, scab or virus in any part of the body. And every parent should keep his children from being vaccinated. The small-pox is not to be dreaded a hundredth part as much as the vaccination. By sanitation and good habits we can overcome the small-pox. But the beastly and poison effect of vaccination is not to be taken from the body without a long siege. Nearly all schools of medicine have combined to force vaccination on the children, and in almost every place it becomes a requisite to attending the public school. We assert that this is one of the curses of the century and never has prevented even one case of small-pox. In every instance we have seen, patients who were vaccinated had the disease in a more severe form than those who had never been vaccinated. Two years ago we were in a place where in and around the country we were called to about four hundred cases and not one of them died. All who had been vaccinated had the disease just

as bad, or worse, than those who had not received this poison and filthy matter into their systems. The ones who had never been vaccinated did better than those who had been.

When a man has a wife that is sick the first thought should be what has caused this sickness, and if there has been any vaccination this is one of the causes. To get this poison out of the system is one of the first requisites toward having a sound body.

We would never send our children to school a day if they had to be vaccinated. Poisoning a child to keep out another poison is like worshipping the devil. We do not want any of it.

Besides destroying the body by its poisonous contact with the blood, this vaccination is a direct detriment to the mind and makes it weaker. Many of the humors which we have to encounter come from this curse of vaccination while the children are young.

### THREE PIECES OF KNOWLEDGE.

There are three distinct acquisitions of knowledge, which, if men or women have, they are prepared to start in life and gain a better education and have better success in their duties of life than with any other basis which they can possibly have from any source, outside of the bible.

1. The husband who understands animal nature (and this knowledge of animal nature is, or should be deposited in the brain or intelligence), and knows how to take care of the wife during her periods, and then knows enough to allow her to sleep alone and to be absolutely

unmolested during the time that she is unclean, as well as during child-bearing, will have a sound, healthy wife—healthy children—and can be healthy and strong in his body and intelligent in mind. The husband or wife who does not know these facts is the one who will be the sufferer, as well as the unfortunate children who come later.

2. Every person has a right, and it is the duty of every person to worship God. There is no warrant in the New Testament for any Gentile to approach God and ask for any material thing—unless we call wisdom a material thing, which we do not, nor can wisdom be called an entity, although spoken of as such—because everything in heaven and earth is given into the hands of the Son by the Father. The prayer that was taught to the disciples to ask God in Christ's name was never meant for the Gentiles, but was for the apostles alone. If it had been meant for the Gentiles it would have been so called. Christ said to all the world, "All those that are weary and heavy laden, *come unto me.*"

3. The force inside of the body, that we call the vital force—which is the living force—what is termed in the bible the "spirit," which is all one and the same thing—proceeds from the same source, and is the same force inherent in all plants and animal life. Everything with life, or the living force, demands nourishment, air, water and a period of rest to accomplish its purpose. This is a fact which any one can soon verify and convince themselves of by a very little study.

The habit of placing minerals, drugs and poisons into the body to accomplish anything beneficial is directly antagonistic to the truth, and to the well-being of this

force, or more directly antagonistic, detrimental and destructive to the work which the vital force builds up.

The allopathic and homeopathic systems of medicine are, therefore, thoroughly at variance with the best interests of the body. And the person who takes the treatment or entrusts himself or herself to the systems which give drugs, minerals and poisons, inside or outside, and to drive the vital force from the domain of the body, does an injury to the house in which they dwell.

All systems as homeopathy, allopathy and every other system which does not work in harmony with the vital force, or is antagonistic to the law, is detrimental and destructive to the workmanship of the body.



## CHAPTER XIV.

### THE RECOVERY OF A SICK BODY.

To understand how a body recovers, it is necessary to know that there is a force inside this body that does all the work throughout the whole system. In other words, the force dwelling in the blood corpuscles is the force that does everything in the body. It builds the body up and preserves it to the age of 120 years, provided we furnish proper material, nourishment and shelter for that body.

There is no doubt in the mind of any civilized person who has given this any attention, that it takes about thirty years to bring a human body to maturity, and it is a law that a body of any animal has four times the length of life that it takes to bring it to maturity.

Four times thirty is equal to one hundred and twenty, which should be the natural end of the span of life that is common to humanity, or in other words, life should only terminate at the age of 120 years. When the body dies before this time it either commits suicide or has been killed. We are not talking of hereditary nor fool habits which the parents place before the child, nor the multitude of mistakes which are constantly being made, as if hard water, soda biscuit, improper clothing, immature children, unclean children (which we have explained) and children of cousins and immature parents.



Children from the loins of a tobacco user or a whiskey drinker, a man who in his younger days has never known any law, human or divine, children born from a mother whose waist has been squeezed by a corset and tight bands around the skirts, or one who has worn high-heeled shoes and committed abortion, all these things can be remedied or in a measure outgrown, but it takes generations of right living to accomplish it.

In the greater majority of cases the children who come from such parents are handicapped at the outset, stunted and dwarfed before birth. But we assert that if the parents are healthy and observe the law (the woman not less than twenty-three and the man not less than thirty) that there is no reason why the offspring should not reach the age of 120, with all the natural forces of the body intact and the mind sound.

In all this time the vital force alone does all the building up, repairing of the body and all the preservation that is needed comes from this force which dwells inside the body.

From these facts it follows that, if in any condition of the body we find out what has been wrong, whether it is lack of nourishment, air, water or habits, and if we can correct these, we can surely change the entire body, or rather we can have the vital force to change that body from a state of sickness to health. It is not medicine that changes it, it is the vital force. And this force does not demand drugs, but careful attention to diet as well as to all the habits of the body. Change mind and body. The first thing to change a diseased body is pure air. Every person should have pure air and they should have it from the time they are born until their last gasp. Close

rooms at night, sleeping in the bed with some one else, smoky stoves, burned-out air from furnaces, gas, kerosene lamps, smells from sewers or from unclean out-houses, are all detrimental to the lungs; and, detrimental to the lungs, this material is taken in by the blood corpuscles and carried all over the body.

How this is done has never been fully or precisely explained, but we assert that the impurities of the air are taken into the lungs, pass directly through the cell walls and through the walls of the capillaries and then into the corpuscles of the blood and from thence these impurities of the air are carried all over the body.

Perhaps no greater discovery has even been made than that of Dr. Jacob Redding of Carthage, Indiana, who discovered the source of muscular contractility.

When we understand that the muscular striata is made up of cells, the outside of which has the diamond foundation, or an elongated square and in the inside of this elongated square dwells this vital force, then we will see that the material which is brought from the lungs to all parts of the body and to the outside of this muscular striata, supplies the oxygen to the vital force which dwells inside of these elongated and elastic formations, and without this pure air brought by the corpuscles we cannot have any healthy muscular contractility.

The first proposition for health is to have a pure living circulation of air to breathe, and nothing will compensate for that.

A room heated by a furnace or a room heated by a stove in a cellar where that air is heated over and over again for the persons breathing it, and especially chil-

dren, is destructive to their growth, and this applies mentally as well as physically.

The healthiest children and women are those who are raised as near as possible in the open air. That open air must be away from a frog pond, marshes, miasmatics and manure piles as much as may be possible. We lay it down as an axiom that no woman sick or weak should ever sleep with another body, and the nearer they have a room supplied with air from the outside, the nearer they will be toward perfect health.

Every room should be ventilated where they live in the day time, if not with the stove, then with some system of ventilation which will take the worn-out, heavy and carbonaceous air out of the room. This is our first and most important proposition for the health of a woman—for the care of your wife and children.

Second proposition is to have the skin in perfect order. Every person should have a daily bath in cold water in a warm room. This should not be forced on a woman during the time she is menstruating, but at all other times she should have her daily cold bath. It should be done with the hand quickly and no person, man, woman or child, should ever sleep in the same garments which they have worn in the day time. Outing flannel and cotton are all cheap and nightgowns should be made for every human being to go to bed in. The habit of wearing the same underwear worn during the day close to the skin and letting it remain all through the night has caused a great deal of paralysis over the United States as well as England. Therefore, we make the second assertion that the skin should be kept clean and that the clothes should be changed when one goes to bed. The skin

should be washed if the labor has been such as to come in contact with foreign materials.

The habit of breakfast in the morning before the stomach is cleansed out is wrong, and Dr. Dewey, of Meadville, Pa., has done the world a vast amount of good by his teachings along this line, for to him belongs the discovery, in America, at least, that breakfast is never needed as a matter of fact.

The writer is now within the prescribed limit of life according to common acceptance, but thinks he is just a little over half way on life's journey, and from forty-eight to this date does not remember of sitting down but a few times to what is termed a breakfast, and he largely attributes his good health to the fact that he has never stuffed his stomach in the morning.

Psalmist David seemed to understand this, when saying: "Woe to the princes who eat in the morning." And he might have added, "Woe to the stomachs of princes or laymen who stuff themselves in the morning."

This, then, is our third proposition toward having the wife well. Let her go without breakfast, as the stomach, already nourished from the evening meal, does not require food any more than the person who has risen from a refreshing night's sleep requires rest. She will have a sweeter breath, a nicer complexion and her whole body be in better condition if she gives the vital force a chance to cleanse her stomach out, ready for its noon meal.

Foods (as potatoes) which contain an excess of starch, all excesses of bread and pastry, and especially those starchy compounds of tapioca, rice, arrow root, macaroni, and, in fact, all preparations from grains, contain excessive amounts of starch. The Irish potato,

which contains almost nineteen-twentieths of pure starch, should be prohibited during the time there is any sickness of the body, or when that body is out of order. Irish potatoes should never be eaten only as an apology for other foods.

For a woman with any weakness, with any discharge, either catarrh or from the genitals as whites, or who has any smell or odor that is unpleasant from anywhere, this prohibition of starch is a positive necessity, and if, while avoiding the starch food, they will add to their diet a quantity of fruit containing acid, they will supply that body, the blood corpuscles and the vital force with the needed acid that will change the starch into dextrine and next sugar, which can be carried off or used up in the system.

Soups of beef, mutton, turkey, clean game and clean meats can be used up to a great advantage by the vital force.

The vegetables—turnips, rutabagas, cabbage, cauliflower, squash, pumpkins, asparagus, greens, beans and many others are all useful adjuncts to a varied diet. But in all this eating there should be fruit which contains an acid and sugar, necessary to fat. Nuts containing the best kind of oil should be used freely.

We think the pecan nuts contain the best kind of oil to lubricate the joints and to build up the brain.

Drugs, operations or any foolishness which depends on the use of outside applications, electricity, etc., etc., which stimulate the corpuscles but never cleanse the body, into which category we place the x-ray treatment, magnetism and many other outside stimulants are valueless, because they send the blood from one place to another



in the body. They never cleanse the body. Never cleanse the corpuscles.

What will be stated will be a series of facts which any one can verify in a day or two, by treating themselves, or in trying the diet and drink habits. Facts, to show you how to restore the body of the wife, without going to the doctor. Facts, that save you money.

Coffee, tea, chocolates, cocoa or shells should not be taken inside of the system for anything or any pretext. They are not only not beneficial, but they are actually a clog in the system and in many cases they are weights that make the person mentally unhappy and miserable. They thicken the corpuscles and make the brain heavy and stupid—or else irritated and nervous.

While eating there should not be any drinking. Drink before eating; while the chewing is taking place there should not be any drinking, because if you take a cold drink you lower the temperature of the stomach and it is absolutely impossible for digestion to proceed until the temperature of the stomach, as well as its contents, has been raised to the normal.

If you use a warm drink it passes quickly out of the stomach, taking the saliva and the other digestive fluids with it. You can readily see that the saliva cannot be replaced, and consequently leaves the other digestive fluids in a weakened and impoverished state, so digestion must proceed in a very crippled condition at best. Do not drink anything for two and a half hours after the meal is over. It may be hard at first, but you will soon become accustomed to this correct and beneficial habit.

In every case where the wife is ailing, there should only be soft or distilled water used for the cooking as



well as the drinking. Get a distiller and get the best—if you can afford it—and you certainly cannot afford to have a cheap article—and have all the water which is used distilled or purely soft water.

Wherever we find weakness, we usually find a history of drugging, beside the errors of living. When the drugging began, we find the parties were at sea, uncertain in mind, and did not know what to do. They were at the mercy of the medical profession who, commencing with drugs, soon had them fast sinking into chronic disease and next oblivion. The unfortunate man who has a sick wife does not know what to do, and he trusts the doctor. The doctor has been educated along wrong lines of thought and the invalid goes from bad to worse until death is a welcome relief.

None of our readers should forget for one moment that every dosing drug doctor is an enemy to the human race. All you have to do, if you could do it, would be to look at the manner in which this doctor keeps the unfortunate wretches who are under his care. His ideas and all of his education were wrong from the start. The doctor believes that drugs do something in the human body, which is a mistake so foolish that one only has to see through the scheme of the body to be convinced at once that no one can assist it in any way by use of poisonous drugs. They can never help or benefit in any way, shape or manner. The vital force is the force that acts, and aside from chemical action there is no other force. Physic irritates but the force acts. Nearly every drug given by the chemist is a poison to the body. Still the doctor doses down his drugs—allows the patient to stuff the body with food when it should have a good rest in every

way, and then the fight is on between the doctor with his drugs and the vital force, which desires to free the body from some obstructions. Do not forget for one moment that the doctor is an enemy to your body and to every one who may be under his charge. His education is wrong and the sooner you get rid of him with his calomel and his fetiche poisons, the sooner you get on the right track to live long and well. Shun the doctor. He does not know truth and never will know, for his first teacher was the devil—the arch enemy of the human race.

When you realize that the doctor does not understand about the vital force—that he has been taught there is no vital force, that this poison-dosing gentleman believes his drugs have force in them to act of themselves, you will see why we tell you that the doctor whom you are about to trust, or have trusted, is always and forever an ignorant man. Have it right out of your head that your “doctor” can do anything for you. Make sure that the force which has been the master builder of the body will help you in recovering that sick body if you will give it time, proper nourishment and such care as it needs in its struggles to regain its health. Let it sink deep within your mind at once that the force acts, and that the dead and inorganic minerals cannot do any acting in the body. When the force ceases to act, the life, which is the force, has left the body.

In most instances of sickly women we find a history of physic being given, especially if we have witnessed a case from the hands of an old school doctor. Calomel is the main remedy they are taught to give, and each new doctor tries his hand at the same old routine; “a thorough cathartic,” until the wretched body is irritated

throughout all the length of the intestinal canal. When we consider that the entire length of the intestines are five times as long as the entire body is high, then we begin to understand what the physic is expected to do when given to "clear out the bowels." It is expected to irritate the entire length of the intestines.

Physic always irritates the inside coating of the bowels and makes them contract strongly and send out the contents of the bowels.

Every time there is an irritated contraction the bowels become smaller and there is more and more weakness in the intestines and more apparent (but not real) need of the physic. If the bowels should be constipated, the proper thing is to use the enemas and avoid, shun and have nothing to do with any kind of cathartic, which leaves the coatings of the intestines in a weaker condition than they were before any was taken. Elsewhere we have described the reason why physic should never be given.

Doctors and ignorant persons will tell you that injections to the bowels will have to be kept up, if once they are commenced, but this is erroneous. The bowels, when once cleaned out, will remain so, and there will not be any reason for physics or injections being used if the diet is made all right and proper exercise is taken. The diet should be of nuts and fruits, with such vegetables as are not too starchy. This will be a great help to any one who tries this method for even a very short time.

Beef, mutton, clean fish, wild game that is clean, are all right to overcome the constipated habits. White flour breads, potatoes (Irish potatoes are worse—not so much the sweet potatoes) are makers of constipation, because

they clog up the bowels and do not favor the motion of the intestines as proper food should do. Starchy food is not good in any respect. Avoid it if you are constipated.

When one commences to overcome the habit of constipation there is usually not enough patience to go at it in the right manner. The person thinks just a little piece of bread will not hurt, and as it is only a very little piece, there cannot be any harm in it. This is an error. If one desires to thoroughly overcome the habit of constipation there should not be any starch used as food, or not a particle more than is absolutely unavoidable.

The sticky starch should be kept out of the bowels until the habit of constipation is entirely overcome.

One of the drugs which has killed more people than all the wars is calomel. This wretched stuff (made from salt and mercury) has been given by fools of all classes since the year fifteen hundred, and always with the result of poisoning the human body. It has caused more trouble of the intestines than any other one thing on earth.

It irritates and rots the inner coats of the intestines and lays the foundation for all kinds of trouble. The doctors who give this stuff are called "regular" doctors, but they are really only regular poisoners and a curse to any family. We tell you to keep the doctor away from your wife as long as you can, and as far as you can, and also to keep all sorts of drugs out of the system that you are not acquainted with.

Calomel (which is a preparation of mercury boiled up with salt), as well as all forms of mercurials, are intestine rotters, and the woman or the man who takes these preparations into the body robs it of the life power which will be sorely needed at some future time.

Besides being directly poisonous to the intestines, this calomel, or any other mercurial compound, attacks the bony structures and is the direct cause of every case of hip disease and spinal curvature, no matter whether given to the person direct or to the parents. These troubles would never come about only from the use of mercury. It also leads up to paraylsis and cancer, as well as causing "falling of the womb" and the various conditions known as "ante-version," "re-troversion," and many other conditions which they delight in finding to the swelling of their own pocket-books and the shrinkage of the unfortunate husband's bank account.

Cascarets, fig syrup, Ripan's tabules, Beacham's or any other kind of pills, cascara cordial and a hundred other things that are given to the world, all contain some narcotic or poison, and each and every one of them do a little toward paralyzing the bowels. They are not good, but each and every one of them and everything else that is called a physic, as Garfield Tea, Rocky Mountain tea (the base of which is always senna leaves), are all deleterious to the human body and rotting to the intestines. Every time they are taken they make the intestines smaller and the permanent contraction of these intestines is what causes a great mass of disease that the doctors divide up into hundreds of different names.



## CHAPTER XV.

### VALUABLE HOME REMEDIES.

In this little booklet we have only time and space to go over a very few of the common ailments that occur in the family, but we present some that will be particularly applicable to the wife.

Catarrh, which is very common in all places, is always caused by hard water and an excess of Irish potatoes, rice or bread. Stop these starch excesses and you can cure catarrh. Any bitter herb drink will help this catarrh, and a glass of warm lemonade at night or in the morning will do more toward eradicating this excess of starch than all the medicine and tablets that are sent from the market. Do not eat any breakfast.

The whites or leucorrhea, or the discharge that often comes from the generative organs of the woman (and much of what is known as seminal weakness in the man), is caused by the same thing—by an excess of starch food. Stop these excesses of starch food and you will gain in intellect and have your body in better condition.

When the writer of this article first opposed the use of excessive amounts of starch as food, the professor of hygiene in a certain medical college declared that the starches were all the foods that were needed. A couple of years ago he had some trouble in the bowels and called up two of the best brother professors in the college where



he lectured to diagnose the case. They did so. It was "tuberculosis of the intestines" And he died, of course, because none of these chaps knew how to cure a case of "tuberculosis." Actually this professor of hygiene died because he took the food he prescribed for others. Too much starch.

We repeat that very many of the diseases that come upon the human race are only the result of wrong foods and stupid habits of eating and drinking. Medical men who are interested in keeping the patient sick and also in having more patients, will say that food has nothing to do with disease. But if the reader desires to keep his wife well and remain well himself, this fact about starch foods should not be lost sight of for a moment. One cannot eat starch foods to excess and have a sound body.

Piles are caused by broken veins or stretched out veins. They are often painful, but seldom or never dangerous to life. Doctors often make operations for piles that are entirely unnecessary if the person would change the food and use applications of cool or cold water, or use some bitter herb in injection to the bowels to clear them out. The extract of mullein leaves and the goldenseal root are almost specific for the piles; but nothing does any good unless the diet becomes right.

Boil an ounce each of mullein leaves and the goldenseal root in a quart of soft water thirty minutes, strain and sweeten. Dose, half a cupful four times a day.

It has been the habit during the past thirty years to advise a woman to take a warm water douche to the vagina and to heat the uterus up with warm water, as hot as she could bear. This is one of the most foolish and destructive habits that has been imposed on the women

of the last generation. It is foolish and stupid besides suicidal, and directly detrimental to the welfare of the whole body. She heats the uterus—congests the walls of the vagina, and renders the lower bowels in a torpid state, and in a measure brings on paralysis of the entire generative organs. It destroys the nervous system. As a general thing, a woman never needs an injection to the uterus or vagina; that is, if she lives a virtuous life. She may bathe externally as much as she wishes, but douches either hot or cold should never be injected inside of the mucous membrane. The idea of cleanliness is simply an excuse. A woman will be clean if she will but allow nature to take her course without being injected with hot water or any kind of medicine or drug, and the only persons who have an excuse for doing this are the prostitutes, where promiscuous intercourse is practiced.

In the case of a prostitute, a hot water injection might be allowed, but the life of a prostitute only averages three years and a half. She is the shortest lived of all "professional persons." We are not writing for that class at this time.

Prolapsis: Which means that the uterus falls because it is too heavy, usually is brought about by constipation or constipated habits. The constipation, as we assert, is brought about by improper food and improper habits. Daily injections of warm water to the bowels and a fruit and nut diet with correct habits and proper exercise will overcome any case of constipation on earth. It requires time and a little patience. Falling of the womb can be treated successfully by giving a stimulant inside and keeping the bowels free. Let the wife have rest and work only when she feels she can do so with safety.

There is no necessity for the examination by the doctors and less necessity for the operation which is so often resorted to for shortening the ligaments which hold up the uterus. The uterus will stay in its place if it is not too heavy. The reason it becomes heavy is because when the bowels are constipated the watery portions of the material which should pass off through the bowels are absorbed and passed into the uterus through the walls of the intestines, and thus the heavy uterus falls. Sometimes the mouth of it may come into the world, but in these cases there is nearly always a history of an abortion previously or some conditions of uncleanness which we have explained in the foregoing chapters. These conditions of uncleanness are what commonly cause so many diseases of the generative organs of the women.

Imperfect sexual intercourse and the methods of preventing the bearing of children are the most frequent causes of these diseased uterine conditions, and the wife would be far safer and better to bear children than to prevent them. There is only one way of prevention of children and that is total abstinence from co-habitation.

We might also assert that the habit of producing abortion after the conception of the child is another certain method of having some sort of diseased condition of the generative organs. Ergot is the common remedy given by all classes, and although this "remedy" for prevention is advertised as "pennyroyal pills," etc., etc., yet the ergot is the drug usually given, or extract of cotton root. Either of these articles will cause a diseased condition of the generative organs, and in nearly all cases that have passed under our observation we have found the mind diseased as well as the body from the effect of

these drugs—ergot and cotton root. We tell you to shun them. When you are lying on the agonizing death bed you will wish that you had brought forth the child and had it nestling in your arms rather than suffer as you will do from the effect of these poisonous drugs.

There seems to be a perfect mania in some parts of the nation about child-bearing. Any one would suppose there was a crime attached to bringing a child into the world from the amount of reproach they heap upon the wife who is pregnant. There should be no stigma upon the woman who bears children (if she has a father to the child), but she should have credit and she should feel a sense of satisfaction that the Lord has seen fit to make her a mother. Every child in the house, if there is any sort of a man at the head of the house, will bring a blessing with it. Not a cent of expense is attached to any child if the laws are kept.

If there is a God (and we think there is, and that this God, Jehovah, has a beloved Son in whom He is well pleased) He must look down with compassion and pleasure when a child is about to be born. A child is a blessing, and it is far safer to have the child than to prevent it or to attempt to kill it after conception.

Loss of memory and roaring in the ears is often caused by amalgam fillings or a red rubber plate. Look into the condition of your mouth and see what is wrong with the teeth. Remove those red rubber plates and amalgam fillings and have your mouth in good condition and the roaring in your head, your dizziness and your bad taste in the mouth will cease. It may be slow at first but it is sure. Go ahead and have patience.

For bloating in the bowels, drink German chamomile

tea (one-half ounce to a pint of boiling water). Drink a half cupful before eating.

For an itching at the nose, drink sassafras tea three times a day.

For a weakness of the back, make a tea of peppermint and drink it until the urine is cleared up. Use injections of catnip infusion to the bowels and fast all of two days every week.

For pains in the bowels and in the ovaries, make a tea of smartweed, an ounce to a pint of boiling water. Drink freely and use injections sufficient to cleanse the colon.

For pimples on the face, stop eating the breakfast, drop the coffee, hog, potato and all the products from the swine.

For periodical headache, take the corrective powder, which is composed of equal parts of slippery elm, wild yam, poplar bark, goldenseal and cayenne. Take as much as will lie on half a pen knife mixed up in water after each meal.

This remedy (corrective powder) is also good for painful menstruation and for worms. It corrects many conditions of the intestines.

For weakness of the bladder, make a tea of equal parts of checkerberry herb, peppermint, sassafras and unicorn root powdered, add half a part of ginger and to every half pound of the mixture add a drachm of good cayenne pepper; mix this, take a quarter of a teaspoonful placed in a cup, turn full of boiling water, steep a few minutes, add sugar enough to make it palatable, strain and drink moderately warm. Take this any time. This tea is a cleaner to the bowels. It clears out the kidneys and will clear out the uterus, and if there is an injection used to



the bowels, of catnip infusion or raspberry infusion once a day until the bowels are right themselves, the woman who is an invalid will gain more real benefit from this treatment than from all the patent medicine in America and a year of doctor's visits. The diet should be looked after, no starch or unclean food. No food unless hungry.

If the woman is weak and sallow; if she is thin and emaciated, or if she is bloated over the liver and has yellow eye-balls, let her put a wet towel—cold—over the region of the liver and pin one or two dry ones over that, snug, when she goes to bed. If it is cold weather, pin a blanket over all these towels close up under her arms, so as to be sure that none of the cold water will wet her night-robe. Let her wear this pack all night, or until she sweats good, and in the morning early wash off with cold water. A woman can do this every other night, except during the time she is unwell. There should not be any packing during the sick time. Every woman should sleep alone.

For a weak back, let the woman take the heels from her shoes and wear spring-heeled shoes or no heels. I consider heels, and especially high heels, very injurious.

No person can have a sound back that has that back strained by a pair of high-heeled shoes or boots. A daily walk should be commenced, kept up and increased until a person can walk from three to ten miles a day without fatigue. There is no exercise as good as walking, and house work does not meet all the requirements as does straight-ahead walking. A person should walk not less than a mile or two and back every day, rain or shine. Backache often comes from constipation. Have the bowels well cleaned out once a day.



For diabetes or excessive flow of urine, there should be a bitter tonic. One of the best is to take gentian extract rolled in pure powdered cayenne. Take one or two after eating. When the urine is free at night increase to five at bedtime, with a diet of fruits and nuts; they will cleanse the bowels and kidneys. Stop all starch food and sleep head to the north.

For numbness in the hands nothing is like a whole treatment. An emetic and bath and bitter tonic. These are all simple and they may be given to the great and immediate benefit by every husband in the treatment of his wife. They are simple remedies and within the reach of all.

The man who lives in the country can gather his catnip, spearmint, raspberry leaves, smartweed, cherry bark and poplar bark during the summer time and have them dry.

Pennyroyal herb is a good thing for painful menstruation.

Smartweed is good for all kinds of colic.

Cherry bark in cider is good for dropsy.

Partridge vine, that grows so common in the northern states, is one of the best things on earth to help a woman have her child without pain and without flooding or danger. It should be made in the same manner that tea is made; a fourth or a half a teaspoonful to a cup of water boiling and steeped. Drink three or four cupfuls a day.

Dyspepsia can be cured by means of simple remedies.

Spice bitters, which costs fifteen cents an ounce, and which will cost at the rate of about two cents a day, is a better medicine or a better combination of herbs than

has ever been put up before or since the days of the first botanic reformer, Dr. Samuel Thomson.

Peppermint tea drank warm before eating and a due regard for diet, omitting the starch potatoes and coffee, will be found to have more effect as a specific for dyspepsia and a cleaner to the intestines and bowels than any drug or pepsin made from a hog's stomach. Equal parts of peppermint herb and spice bitters is a specific remedy for dyspepsia.

Do not allow your invalid wife or child to have any carpet whatever on the floor of the room where they sleep. Have a bare floor and have it painted, oiled or varnished. Rugs that can be shaken every day are all right. Keep all the fluffy curtains from the room where they sleep and be sure to have plenty of fresh air. Do not be afraid of night air—it is the only air that can be procured during the night, and you will find that if the invalid has plenty of air, every morning will witness a decided change for the better. Be sure that the sleeping room is ventilated from the bottom of the room. Do not think of stuffing the sick with food that cannot be digested. Stop all kinds of food until there is a good, healthy hunger from the bottom part of the stomach. And we say to you, either get wholly rid of the doctor or else keep what knowledge you have away from him.

When you have taken it into your head to cure the sick and diseased wife or daughter, keep your knowledge to your own self. Do not discuss all you know with the ignorant who are unable to understand anything you are talking about. Keep your own counsel and do what common sense tells you to be right. All the doctors have been educated and now are educated along wrong lines

and unless you think for your own self, you may be sure that you will have the bills to pay while your doctor guesses day after day what might be good (might, could, would or should be good). With him everything is guesswork, because he does not know anything of this law of the vital force. So when we tell you to distrust everything the doctor tells you to do, you will see that we are not far out of the way. Have some thought for your own self and do the best you can without having another to dose out drugs of all kinds that will ruin her body. These are thoughts which will bear your profound consideration. If you go along day after day until the doctor is at sea, he will finally tell you there must be some kind of an "operation," to do some cutting; and then, because he does not see how he can do you for any more money in the drugging line, he will introduce some specialist who will finish the work.

Ovarian or uterine tumors can be sent out of the body or away from the body in the same manner and by the same methods that brought them there. They were brought there because there was some excess in the body and the vital force carried this stuff to some part of the body—uterus, ovary, breast or some other part where there was some unused space, and from where nature thought it could be removed easiest, and there you find the bunch, tumor or cancer. If you desire to have it away, think of what has caused it and what organs have been obstructed and try to cleanse these organs from the old and worn-out mass of atoms. Do not allow your mind to take in the absurd ideas that germs cause these "growths." They are really accumulations of old matter and the vital force can be made or caused to take them

away in the same manner if you will rid the body of this excess of materials.

We consider fasting or going without food for some little time, to be one of the best remedies for this condition of excess. Fasting gives the body a chance to cleanse itself of these old atoms, and the body will recover sooner by fasting than in any other way. Taking drugs for these conditions is absolutely stupid.

All cancers are tumors which have been putrefied. A cancer is only a putrefied tumor. You can cure all these conditions if you will look after the diet and being sure to have soft or distilled water for the patient to drink and to bathe in. This is a certainty. Do not have any doctor fool you with the idea that cancer can be cured by having it cut out. The doctors have been taught that these "growths" are from germs. Question your medical man and you will find he really knows nothing about what cancer or tumor is. Ask him why they come. If he tells you they come from germs, ask him why it is that they are so prevalent where the persons use hard water and have an excess of starchy food. See him wince. Your doctor knows actually nothing of the causes of these conditions. All kinds of uncleanness causes these materials to stay in the body, and when they come to the surface the doctor does not tell you why they came nor any reason why they should go away. He knows nothing. You can cure them with fasting and soft water. Think over these conditions and keep yourself free from tumors and cancers by using soft water and proper foods. Keep your wife right by having these proper conditions of life around her.

You may hear that these are not the ideas of the "sur-

geons" who are "up-to-date." No, they are not. Modern surgery does not know any more about the cause of these conditions than a Hottentot knows about the man in the moon.

Look at what the "modern surgeons" do for what they call "floating kidney." Cut down on the kidney and stitch it or wire it to some other place, and then assert that they have "anchored the kidney." What a lie. In some cases they simply cut down and look at the kidney and cover it with gauze and place it back again. And this these "modern surgeons" call "surgery." All these conditions (where the kidney may be movable from shrinkage or from having the fats dissolved around the kidney) are easily cured by rest, proper diet and the non-poisonous herbs of the field. No drugs needed and never any cutting. The cutting is for the purpose of allowing the "modern surgeon" to make a bill. Do not allow your dearest treasure to be cut open to furnish profit to the doctors.

We repeat that which we said at the beginning of the article, if you desire to have your wife become well in body and sound in mind, find out what are the obstructions and remove those obstructions from the body. Think of the lovely treasure entrusted to you and take the best care of the body that holds the mind that loves you.

You will take better care of this treasure than the doctor will if you will only stop and think a little. And at much less expense. You will absolutely know more than the doctor can know if you will take time to think over the case and find out what is wrong.

It is far better for you to take care of her body and



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sooth her mind than to allow the doctor to dose her with drugs, which poison her body and stupefy her brain. We are pleading with you. Take these for your thoughts and do well for yourself and for the wife of your bosom. Do not allow the modern butcher to catch you for a dollar nor for a life. Do to others as you would be done by and keep your treasure safe and sound. You can do it if you will stop and think of the conditions of life, and if *you* once have these laws in your head, you will know more than any doctor ever graduated out of the fetiche medical college. Why should not you and the wife of your bosom live to be one hundred and twenty years and be sound and well. You should make this a part of your study and not allow the physician or surgeon to tamper with your treasure. Keep the law and the law will keep you.

The End of How to Take Care of a Wife.

# HOW TO TAKE CARE OF A WIFE



MELVILLE C. KEITH, M. D.











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